

# Treatment Guidelines





Welcome to Qutis Advanced Skin Clinics. We aim to provide you with a positive experience and look forward to many years of helping you achieve your skin health goals. We've been treating patients for over 20 years and have clinics in Thame and Witney in Oxfordshire and Piccotts End near Hemel Hempstead in Hertfordshire.

**We are specialists in:**

Non-Surgical Facelifts  
Dermal Fillers, Lip Fillers and Collagen Stimulation  
Botox Wrinkle Treatment  
Botox for Jaw Clenching, Excess Sweating and Migraines  
CoolSculpting - Fat Freezing - Permanent Fat Reduction  
Skin Health  
Acne Management  
Sun Damage, Age Pigmentation Spots, Rosacea and Facial Blemishes  
Mole and Skin Lesions removal  
HydraFacial MD  
IPL Permanent Hair Removal, IPL & RF Skin Tightening  
Hay Fever Treatment

**Plus other treatments that help you Look Your Natural Best.**

Normally you'll have your first consultation with our Qutis Nurse Specialist on Zoom. Our consultant nurse will formulate an appropriate treatment plan with you and direct our clinic team. The teams are advanced nurse practitioners and laser skin therapists. Occasionally prescription-only medicines are used such as BOTOX® and skin medicines, these are prescribed by the Qutis Nurse Prescriber,



## Useful Clinic Information

When you have had your first treatment you may prefer to stay with your first practitioner, but please be assured that all of our practitioners are fully trained and experienced and are able to perform all of our treatments in their area of specialisation. If you need to change an appointment, you may be offered another practitioner depending on your preferred time.

We ask you to arrive for every appointment 15 minutes early, if you arrive late we may not be able to treat you.

Please arrive for every visit without any makeup on, or in enough time to remove it, we always ask that you wear one of our headbands for your consultation. This is so we can make a clear, uninterrupted assessment of your face and provide good hygiene practice.

Whilst we are gentle within our treatments, sometimes we use numbing cream, but more often we use ice to keep your skin comfortable.

Please let us know if you wish to have numbing cream.

Our friendly reception team are a great source of advice, they are fully trained in our clinical skincare range and can advise on our specialist home care products.

We often promote or highlight different products and services throughout the year. You will see signs in the clinic and look out for our text messages or join our mailing list so that you don't miss out. And follow us on Instagram and Facebook, for more before and after photos plus in clinic news.

We welcome recommendations and we reward you for them! For every new patient that you bring to Qutis, we'll put £50 on your account, for you to use against future treatments.

# Dermal Fillers, Non Surgical Face-Lift & Profhilo

## Before treatment:

We ask you to arrive 15 minutes early for your treatment and without make up.

- We advise you not to have dermal filler injections too close to an important social event, even in the best hands you may get a bruise or some swelling. We suggest that you have treatment at least two weeks before so your treatment will have settled down better.
- We cannot provide treatment 15 days before/after any dental procedure, vaccination or illness, or 30 days before/after surgery.
- If you have a virus or bacterial infection (such as Covid, Cold or Flu) please contact the clinic to reschedule your appointment.
- Please avoid alcohol, aspirin or blood-thinning medicines such as Ibuprofen for 48 hours before your treatment, unless you are medically advised to do so; this will minimise any risk of bruising.



### Following treatment:

- You may notice a slight redness, swelling, tenderness, bruising and an itching sensation. This is a normal result of the injection which is temporary and will generally disappear gradually over a period of 7-14 days. If they continue or if any other reactions occur, please contact your practitioner whose number is at the back of this booklet or contact the clinic.
- Avoid sauna, steam room, spa and swimming for three days after your treatment.
- No HydraFacial or other facial for two weeks after treatment.
- If you have under-eye fillers, we advise that you sleep on an extra pillow to prevent excessive swelling in this area.
- After Prophilu injections you are advised not to massage the injected areas.
- Avoid touching the treated area for 6 hours. After that, light makeup can be worn and the area can be gently washed with cleansing complex and water. If you have pets, you should wash your hands before touching your treatment area.
- If you suffer from hypersensitivities such as hay fever and are prone to inflammation contact your Qutis nurse and consider taking over-the-counter anti-inflammatory and antihistamine medications, such as Ibuprofen and Benadryl.
- Apply over Pro Heal Serum in the morning; if necessary you can re-apply over Hydra Cool Serum in the evening.
- Please wear a sunscreen of SPF 50 after all injections to the skin.



# BOTOX® for Fine Lines, Jaw Clenching & Migraine Treatment

## Before treatment:

For injectable treatments please avoid drinking alcohol, or taking aspirin or blood-thinning medicines such as Ibuprofen for 48 hours before your treatment, unless you are medically advised to do so; refraining from blood thinners will minimise any risk of bruising.

We always advise you to plan your treatment around your social diary. It is preferable not to have your treatment too close to a special event. Even in the best hands, a degree of swelling or bruising can occur with some treatments.

## Following treatment:

- Try to exercise your treated muscles for 2-3 hours after treatment (e.g. practise frowning, raising your eyebrows or squinting). This helps to bind the Botox into your muscles.
- **DO NOT** rub or massage the treated areas for 48 hours after your treatment.
- **DO NOT** apply your own make-up for 4 hours after your treatment.
- **DO NOT** lie down, bend over, or do strenuous exercise for 4 hours after treatment. Feel free to shower and go about most other regular daily activities.
- Be assured that any tiny bumps or marks will go away within a few hours after your treatment.
- Results of your treatment may take up to **14 days** to take full effect.
- The results of your Botox treatment is not permanent. You may find that your results will last approximately 3 to 4 months. If you maintain 3-4 monthly appointments in the first year, the duration of each treatment result may last longer than 4 months.
- Our clinics offer FREE medical review appointments for all Botox treatments, however, this review appointment must occur between 14-21 days of your treatment. This is because Botox is a prescription medicine and has a strict protocol on its use.



# BOTOX® for Underarm Sweating

## **Before treatment:**

We please ask you to arrive 15 minutes early for your treatment, at which point you may elect to have numbing cream applied to your skin in the treatment area. We ask that all patients shave their underarms prior to treatment.

## **Following treatment:**

- You may shower normally.
- Do not use a strong antiperspirant for 4 days.
- Use Bionsen aluminium-free roll-on deodorant or similar after day 4.
- Avoid strenuous exercise for two days following treatment.
- After 4 to 14 days you should notice less sweating.
- We offer a 14-21 day medical review appointment so that your treatment results can be checked.



# CoolSculpting (Fat Freezing Treatment)

## **Before treatment:**

CoolSculpting® is a non-surgical treatment, targeting stubborn pockets of unwanted fat. The treatment is permanent, aiming to reduce the unwanted fat with a treated area by as much as 27%.

As your treatment will be over several hours, we will provide hot and cold drinks and some healthy snacks, nuts & fruit.

Please dress comfortably in loose clothing and bring socks if you are prone to cold feet. Disposable undergarments and slippers will be provided for you.

Some customers choose to read or listen to an audiobook to pass the time.

## **Following treatment:**

Following your treatment, results can be seen from 4 weeks, however optimum results are seen at 12 weeks post treatment.

Post treatment you may experience some redness, bruising, swelling, tenderness, numbness and aching which will gradually improve over 1-3 weeks. Skin itching, sensitivity and numbness may last for several weeks after the procedure, however will subside over 1-4 weeks. Please let us know if any of these conditions persist or worsen over time.

Very rarely, patients may experience late onset pain a few days post treatment. Please contact your Qutis practitioner if this occurs.

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If pain relief is required we would advise you to take paracetamol instead of Ibuprofen as Ibuprofen is an anti-inflammatory and could impact the speed of your treatment results by reducing the inflammatory response within the treated area. We also suggest refraining from intense physical activity and extreme changes in temperature for 48 hours post-procedure.

No change in diet is required post-treatment.

If post CoolSculpting you gain weight, the fat cells which were treated will not return, however, the remaining fat cells may enlarge and this therefore may negatively impact your results.

Skin laxity will be discussed during your consultation. Most treated patients observe an improvement in skin laxity, however, CoolSculpting is a treatment for unwanted subcutaneous fat, not skin tightening.

A follow up medical assessment will be planned for twelve weeks post-procedure. During this appointment, your post-treatment photos will be taken and your treatment results reviewed.



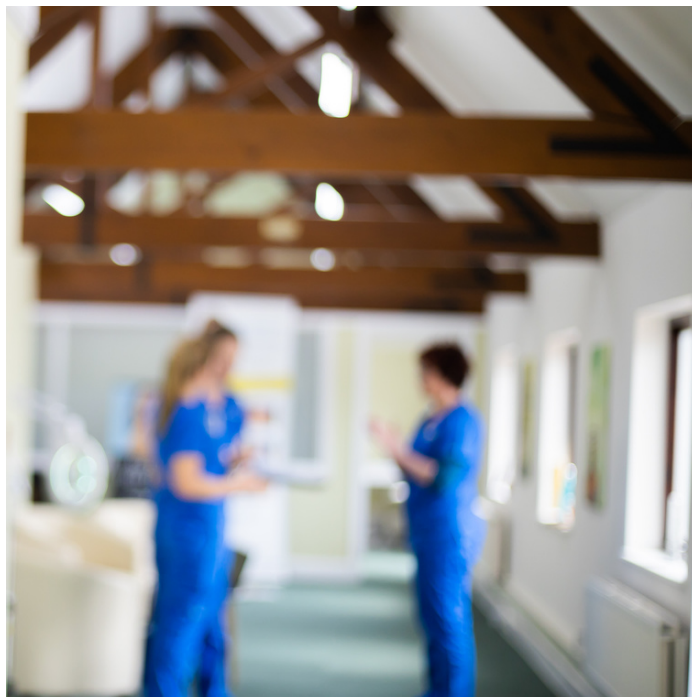
# HydraFacial - Medical Facial

The HydraFacial is a serum-based gentle resurfacing procedure for the skin, carried out using a vacuum-based skin abrasion tip which is loaded with skin-specific serums, consisting of AHA/BHA acids, antioxidants, peptides and vitamin-infused hyaluronic acid. All of which are specially selected to address and treat different skin issues.

- Initially, after treatment, your skin may have a rosy glow to it for 2-4 hours and should not be of concern.
- For best results, it is advised that you follow a full iS Clinical® skincare regime advised by your practitioner. This will also help you maintain and prolong the effect of treatment.
- It is always advised to protect your skin with daily sun protection such as iS Clinical SPF 50 and is essential post-treatment for 2 weeks.
- It is advisable to have your HydraFacial before your Botox and filler treatments. Or 4 days after these treatments.
- HydraFacial is a lifestyle choice that is optimised by regular visits, this is why we can tailor a cost-effective package of treatments where for example you visit monthly for ongoing amazing results.
- Please only adhere to the Qutis Skincare Regime your practitioner has created for you. This will significantly decrease your recovery time and improve your overall treatment results and longevity.







# IPL or Laser, Skin Tightening & Hair Removal

## **Before treatment:**

Remember prior to any Intense Pulsed Light (IPL) or laser treatments it is vital that you have **no suntan, no sun exposure, and no artificial tan, including fake tanning lotions and spray tans**. Certain medications that make skin more photosensitive may also mean that we will have to delay treatment. Please notify your practitioner every time that you are taking a new medicine. Blood pressure medications, some antibiotics and even St John's Wort can cause light sensitivity.

## **Do I need to shave beforehand?**

Yes, the area must be closely shaved prior to arrival for every treatment. This is to ensure your appointment time is utilised for your Laser/ IPL hair removal treatment.

## **Following Treatment:**

- You may notice a slight redness, swelling and tenderness, this is a normal response post-treatment. Additionally, post-treatment of pigmentation or facial veins you may notice the treated area appears darker and superficial micro-crusting will occur before it 'flakes off'. These are temporary and generally disappear gradually over a period of 7-14 days.
- Occasionally a blister can appear, these are always superficial and self-limiting. If you are concerned or need advice, please call the clinic and speak to the senior nurse. We are available out of hours and have 25 years of experience in laser treatments. In the event of a blister, NHS GP's would prefer that you are treated by the nurses in Qutis Clinics as we are specialised in this area of treatment.
- Wear loose cotton clothing.
- Avoid touching the skin in the treatment area.
- Avoid the gym & exercise, steam room, sauna, Jacuzzi, hot baths and swimming for 24 hours.
- Do not use hair removal creams and do not bleach new hair growth.
- Do not pluck hairs, only trimming is recommended between treatments.
- You can use a shaver, hair trimmer or close cutting safety scissors.
- After your treatment, you can wear makeup, as long as your skin is not broken.
- Adhere to your Qutis Skincare Regime your practitioner has created for you. This will significantly aid your recovery time and improve your overall treatment results and longevity.

# Removal of Lesions & Moles (Cautery)

## Before treatment:

We treat benign skin lesions, that are not cancerous. These include skin tags, seborrhoeic keratoses, xanthelasma and milia. Moles must have been seen by your GP.

Please arrive 30 minutes early for your treatment to have numbing cream applied. This will make your treatment more comfortable.

## Following treatment:

- The area treated will normally form a scab.
- Keep the treatment area clean and dry for 24 hours.
- Avoid clothing or jewellery rubbing on the treated area for 24-48 hours.
- Use a clean towel to dry the treated area after washing (avoid soaking).
- During your healing process avoid touching the treated area for 10-14 days.
- Please also avoid swimming, saunas and steam rooms.
- Avoid antiperspirant on the treated skin for at least 24 hours.
- Please feel free to book a follow-up appointment at 10-12 weeks.
- Adhere to your Qutis Skin Care regime as directed by your practitioner. This will aid your recovery time and improve the treatment results and longevity.



# Collagen PIN Treatments

## Before treatment:

We ask you to arrive 30 minutes early for your treatment without makeup and to have numbing cream applied to the treatment area.

## Following treatment:

- Your treated area may feel hot for up to 2-4 hours post-treatment, it may feel tender when touched for the first two days.
- Please only apply the iS Clinical skincare regime your practitioner has advised to your skin post-treatment.
- Post-treatment skin redness is normal and encouraged, as this is the body's natural healing response. This will last between 1 and 3 days, and once healed can be easily covered with concealer.
- As you have been treated by many small needles penetrating the skin, you may see and feel tiny dots on your skin and your skin may feel and look dry for up to two weeks.
- Aerobic exercise should be avoided for 48 hours.
- Sun exposure must be avoided for 2 weeks post-treatment. Wear a daily SPF.
- You must adhere to the Qutis Skincare Regime your practitioner has created for you. This will significantly aid your recovery time and improve your overall treatment results and longevity.
- Cleansing Complex – this will deep cleanse your skin and pores without drying. Use in the morning and evening, apply a pea-size amount, lather, rinse and pat dry all areas.
- Pro Heal Serum – provides natural antibiotic protection and aids in the healing of your skin. Apply 3-5 drops directly onto clean dry skin in the morning after cleansing, avoiding the eye area.
- Hydra Cool Serum – soothing, potent, penetrating hydrator that locks in moisture. Apply 3-5 drops directly onto clean skin in the evening. SPF moisturiser may be applied over this.
- SHEALD – Recovery balm will calm and encourages your skin to recover whilst providing post-treatment hydration. This ultra-soothing balm helps to prevent the appearance of scarring and will maximise your results.
- Eclipse SPF 50+ - Offers 8 times more protection from UVA & UVB rays when used alongside Pro Heal serum. Paraben, oil and fragrance-free. Water-resistant and dermatologist tested, ideal for all skin types.
- Lycogel® – an anti-inflammatory camouflage foundation that oxygenates skin at the cellular level, waterproof as well as an SPF.



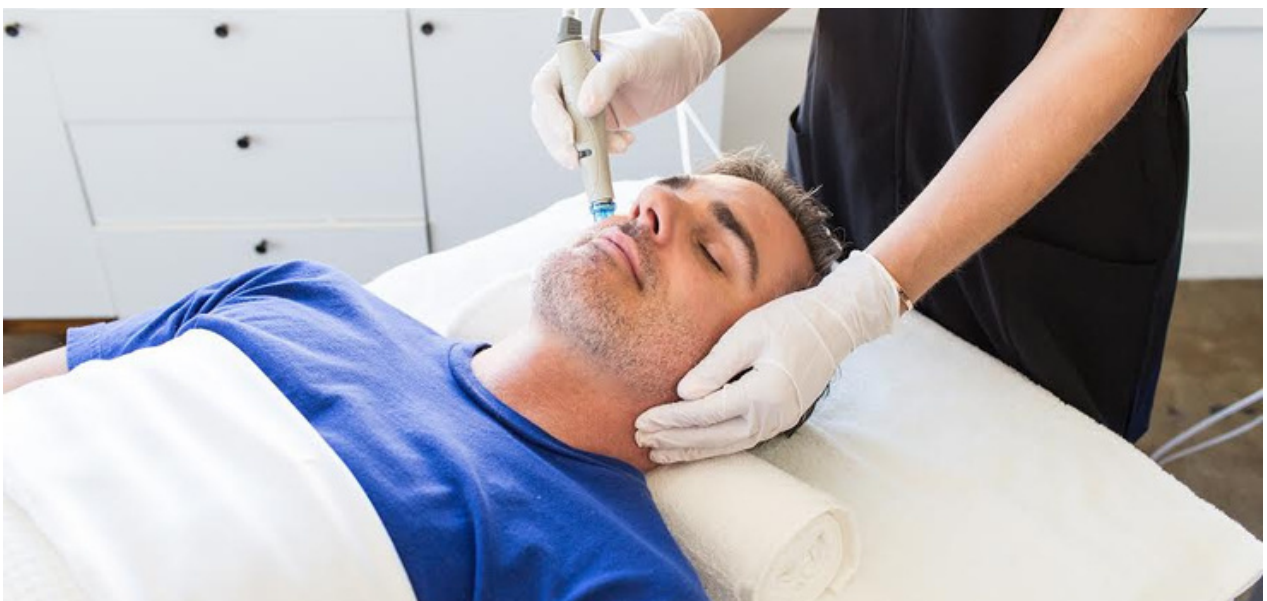
# Laser and RF Sublative Rejuvenation

## Before treatment:

Please arrive 10 minutes prior to your treatment make-up and product free, this includes no facial serum or SPF. The drier your skin is prior to treatment the greater your result.

## Following treatment:

- Your treated area may feel hot and tender when touched for up to 1-3 days post-treatment. iS Clinical SHEALD recovery balm should only be used to calm and soothe your skin.
- You may notice redness, swelling and tenderness, this is a normal response post-treatment. Additionally, you may have some visible applicator marks on your skin known as superficial micro-crusting. These are temporary and generally disappear gradually over a period of 5-14 days before they 'flake off'.
- Avoid the gym & exercise, steam room, sauna, Jacuzzi, hot baths and swimming for 48 hours.
- Sun exposure must be avoided for 2 weeks post-treatment. Wear an SPF.
- Adhere to your **Qutis Skincare Regime** your practitioner has created for you. This will significantly aid your recovery time and improve your overall treatment results and longevity.

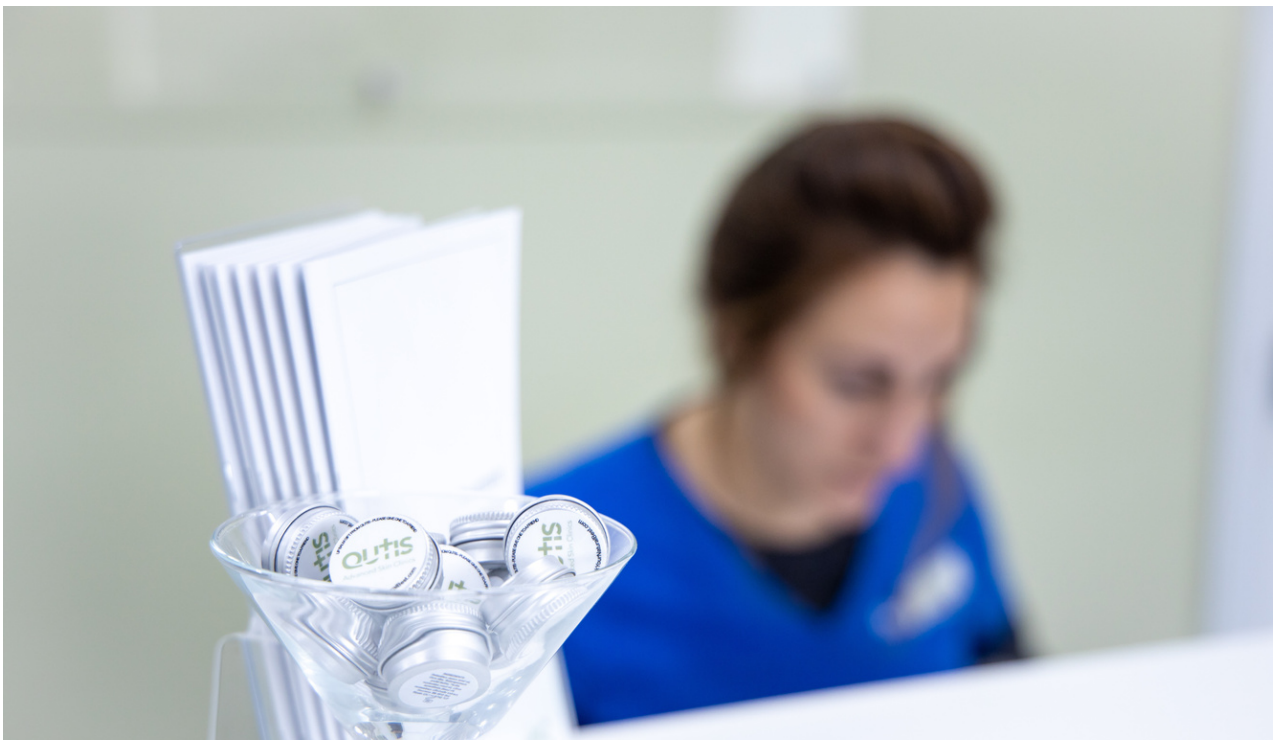
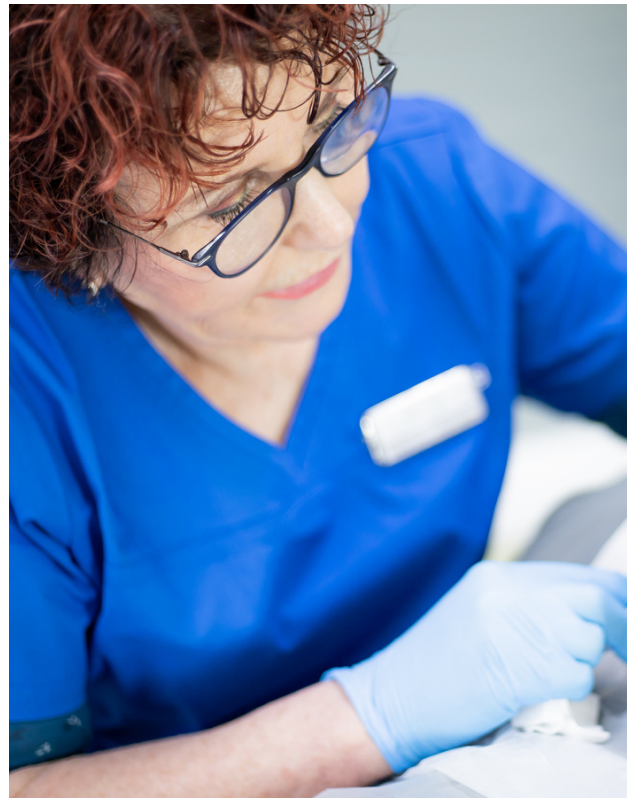


# Hay Fever - Intramuscular Steroid Injections

- When antihistamines no longer work for you and you find that your hay fever stops you from functioning for your work, you may decide to seek a consultation for hay fever management.
- Certain people may not be offered Hay Fever Injections. You should not have a steroid injection if you have an infection, stomach ulcer or diabetes.
- Following a steroid injection, you may be more susceptible to infections and you should refrain from mixing in crowds for seven days after your injection.
- Please contact your nurse if you experience rashes, swelling or abdominal discomfort in the first week after treatment

# Fire & Ice Medical Facial

- Initially after treatment, your skin may have a rosy glow to it for 2-4 hours and please don't be concerned. This is normal.
- For best results it is advised that you follow a full iS Clinical skin care regime prescribed by your practitioner. This will also help to maintain the effect of your treatment.
- Adhere to your Qutis Skincare Regime your practitioner has created for you. This will significantly aid your recovery time and improve your overall treatment results and longevity.



# What To Do If You Suspect a Complication

If you are concerned about any aspect of your treatment, contact your clinic or if we are closed use the out of hours number, or contact your practitioner directly.

On the very rare occasion where a complication occurs as a result of any of our treatments, it should be our advanced nurse team who manages your follow up.

UK GPs are very busy and are not ideally suited to managing medical aesthetic adverse events as they will usually have no access to our treatment records.

Our nurses are on call for any problems and some contact details will be provided below. If a second opinion is required, we have access to private consultant doctors and plastic surgeons. Additionally, you can access our head nurse's out of hours mobile number at the end of the clinic's voicemail message.

## Your Practitioner's Details

Name:

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Mobile number:

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Email:

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For opening hours please call your clinic or check on our website(s):

**[www.LookYourNaturalBest.com](http://www.LookYourNaturalBest.com)**

# Your Clinical Skin Care Regime

To enhance and prolong your treatment results we want you to let us help care for your skin with our carefully selected, medical-grade products.

If you sign up for the 12-month HydraFacial package you'll receive a 10% discount on most skincare products. If we are treating your inflammatory skin condition, please avoid using any other products.

Morning regime:

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Evening regime:

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