

## 3D Dermaforce Essential Information

(Please read entire document)

### Skin Concerns

Do you have areas of your face or body with which you are dissatisfied? We might be able to help ... read on!

### What can be treated by 3D Dermaforce?

3D Dermaforce is great for loose and sagging skin, fine lines and wrinkles, open pores and scar tissue, pitted and crepey skin, stretch marks, sun damage and associated pigmentation issues.

### What is 3D Dermaforce and how quickly will it work?

3D Dermaforce is a combination of two well tried-and-tested technologies, micro-needling and radio frequency energy. It is a minimally invasive treatment where energy is delivered into the deeper layers of the skin via sterile insulated probes, triggering the effect that we want, exactly where we want it. Micro-needling encourages cell reorganisation, and, along with the radio frequency energy, the two technologies help the body to produce new, healthy collagen fibres in record time. By being able to vary the depth of insertion, depending on the nature and thickness of the skin, this treatment is suitable for most skin types. It takes about a month for the regeneration process to take place which is why we wait about a month before carrying out a second treatment. However, with this new combination of technologies we are able to achieve a greater degree of regeneration in much less time. Just one Dermaforce treatment can bring you the same results as a four month course of either micro-needling or radio-frequency alone.

### Why do we target collagen?

As we get older, our body breaks down collagen faster than we can replace it. We begin to lose about 1% of our collagen per year in our mid-20s and lose as much as 30% during the first 5 years of menopause.

### Treatments from:

**£150**  
(Hands)

**£350**  
(Face and neck)

If you would like to experience the genuine benefits of 3D Dermaforce and none of the contra-indications apply, call us now on **023 93 190191** to book your consultation and obtain access to our various discounts.

### How does 3D Dermaforce work, how does it feel and how safe is it?

3D Dermaforce combines the benefits of micro-needling with the benefits of radio frequency to get much greater results than the sum of the two treatments alone.

Both micro-needling and radio frequency stimulate the body's own natural healing process to produce new and higher density collagen fibres to replace old dehydrated mature collagen fibres.

## How does 3D Dermaforce work, how does it feel and how safe is it? (continued)

The huge benefit of 3D Dermaforce is that the optimum level of radio frequency energy is now able to be delivered precisely to where it is needed, deep in the dermis, providing a much more effective treatment than was possible in the past.

Unlike with other micro-needling treatments, with 3D Dermaforce no anaesthetic skin cream is needed. It is a more comfortable and safer treatment than the individual technologies alone.

Because the surface of the skin is by-passed there is almost no sensation of heat, and as the probes are insulated the risk of heat travelling back up to the surface of the skin is minimal. The vacuum heads that we use provide accurate and controlled insertion with no excessive pressure.

Both technologies have been around for many years, and have been proven to be very safe. 3D Aesthetics is an industry leader and is annually certified by the British Standards Institute providing customers with peace of mind that the equipment is of a very high standard – unlike cheaper machines that are increasingly being shipped in from unregulated companies in the far East.

## Contra-indications

Micro-needling and radio frequency is not, however, suitable for everyone because there are some short-term and some long-term health conditions for which the treatment is contra-indicated.

### *Contra-indications:*

- Minors (under 18 years)
- Pregnancy, recent pregnancy or breast feeding
- Cancer, including skin cancer, and tumours (current) - signed off 5 years or letter from oncologist nurse
- Certain skin lesions in treatment area (area to be avoided)
- Auto immune conditions/use of immunosuppressive medication
- Steroid medications (wait 6 months)
- Skin thinning medication (wait 6 months)
- Anticoagulant medication
- Heart condition including pacemaker
- Thrombosis or Thrombophlebitis (clotting issues)
- Keloid scarring (healing issues)
- Roaccutane/Tetracycline acne medication (wait 6 months)
- Inflammation or infection in the treatment area (wait until resolved)
- Diabetes (discuss with Dr Evans)
- Epilepsy (discuss with Dr Evans)
- Haemophilia (own doctor's permission)
- Dental roll will/may be used for dental implants or braces
- Self-tan in the treatment area – could shed the tan quicker
- Recent fillers in the treatment area – wait at least six weeks

Also 3D Dermaforce might not work as well for some people as for others depending on certain life-style choices such as smoking or heavy drinking -which affects the health and healing ability of the skin; excessive sun exposure – that damages collagen; poor sleep or long periods of prolonged unusually intense stress – which affects general health and hormone levels.

Smokers, even with a break before treatment, will need to be extra careful for longer both pre and post treatment and understand that the results that can be achieved will be less than would be possible if they were a non-smoker.



We recommend using Hyaluronic Acid pre and post treatment. Available in clinic £25

## Things YOU can do improve the health and condition of your skin in preparation for treatment to enable us to achieve the best possible treatment outcome for you:

- **Hyaluronic Acid serum** used twice daily to help with hydration and, very importantly, healing post-treatment (available in clinic £25)
- **Retinol** products to help prepare the skin 4-6 weeks in advance of treatment if the skin is in poor condition – but not to be used less than 3 days before treatment (several options available in clinic)
- Increase sleep, drink more water, take more exercise in the fresh air, consider trace minerals (available in clinic £22) and Vitamin D supplements
- One week before treatment, if you are susceptible to cold sores, please apply anti-viral cream to proposed treatment area
- Three days before treatment stop using “active” skincare (ie AHA,BHA, Retinol (Vitamin A))
- Avoid direct sun exposure
- 24 hours before treatment refrain from alcohol and stop using aspirin products as these can increase the risk of bruising
- Excessive facial hair, beards and moustaches need to be clean shaven prior to treatment. Avoid use of aftershaves and perfumes on treatment area.

## What you can expect post treatment and what you must do to look after your skin immediately afterward treatment

Immediately after treatment your skin will probably be slightly pink and may feel similar to when you have been in the sun, but this should subside quickly. There will be miniscule open channels in your skin that will take approximately 24 hours to close. You might get short term increased skin sensitivity and possibly slight swelling, and your skin could feel slightly dry; this can last up to three days. The best way to help your skin heal post-treatment is to use pure Hyaluronic Acid serum (available in clinic).

For 24 hours it is imperative that you:

- exercise good hygiene and avoid touching your skin
- avoid direct sun light
- keep your skin dry
- do not let anyone, or any animal, touch your face
- only use new or freshly washed face masks
- keep out of hot, humid, dusty or dirty environments
- avoid strenuous activity or exercise that will cause sweating
- use no make-up on the treated area
- change your pillow case/bedding and towel

For 48 hours:

- avoid swimming, hot tubs, saunas and active exercise
- avoid shaving

For 3-5 days:

- avoid active skincare products

For 2-3 weeks:

- do not apply spray tan or self-tan

**During your course of 3D Dermaforce** do not use sun-beds, and consider giving up the use of them in future to maintain the benefits of the treatment.

Sunscreen must be used for four weeks following treatment after which time we would hope that the use of sunscreen will become part of your skincare routine, as will the use of a retinol product.

We have an excellent range of dermatologist recommended sun care products and a number of products containing active levels of retinol/ vitamin A. Please ask for further advice.

We will spray sunscreen on any exposed treated area before you leave the clinic.

After the initial first 24 hours you may wash your skin with a mild, non-exfoliating, non-AHA cleanser, apply your Hyaluronic Acid serum, sunscreen, and mineral make-up. After 48 hours you may use normal make-up

## Limitations of the treatment and expected outcomes

Long term, and we're talking after about four to six weeks, your skin will start to look plumper due to the increase in thickness of the dermal tissue caused by the regeneration of collagen. There will be an improvement to lines, wrinkles, and crepey skin, and the quality and tone of the skin will also begin to improve. You can even get an improvement in uneven pigmentation.

Whilst a one-off treatment will deliver results, for great results, that will become increasingly visible over time, a course of treatments will be necessary, with regular maintenance treatments once or twice a year thereafter in order to obtain optimal results. The better the health of your skin, the better its healing ability, and the better the outcome.

Courses are usually of three taken at 4 to 6 week intervals (more treatments may be necessary for smokers). Loose skin can also be improved, as can stretch marks, but for these conditions longer courses may be necessary.

To help maintain the results of your treatment over the very long term we strongly advise that you avoid sun exposure to the treatment area as much as possible and wear a SPF50 sunscreen on a daily basis. Ultra Violet rays, especially UVA which penetrates cloud even during the winter months, prematurely ages skin by damaging existing collagen....permanently.

We have a cost effective range of dermatologist approved sunscreens from Heliocare ranging from light-weight plain to tinted which are a great alternative to make-up. Most of them also protect against far infra-red radiation as well. (In clinic ranging from £21 to £32.99)

## Alternatives to 3D Dermaforce

There are alternatives to micro-needling with radio frequency which includes ablative and fractional laser re-surfacing and TCA peels, but all of these require at least a week of downtime and can cost anything from £800 to several thousands of pounds for a single treatment and carry a risk of side effects such as hyper-pigmentation problems. Other than these there really isn't anything that can obtain the same results.

### Client Choices

1. Please take time to give all of the above some thought, and, if nothing else, take away a few health tips on how to improve your skin with some life-style changes such as drinking more water, getting more sleep and using a SPF50 sunscreen 365 days of the year.
2. If none of the contra-indications apply to you and you would like to experience the genuine benefits of 3D Dermaforce call us now on 023 93 190191 to book your consultation and obtain access to our various discounts. Answerphone available 24 hrs on which you may leave your contact details.
3. If uneven pigmentation is your primary concern, or you simply want to start on treatment products that really deliver results, our doctor, Liz Evans, can prescribe our Obagi Nu-derm products. Please get in touch with one of us for more information.

### Footnote:

The layman's answer if you are wondering what is radio frequency?

There are different types of electric currents, some of which give off microwaves (medium frequency), others which give off light-waves (high frequency) and also there are currents which give off radio waves (low frequency). In 3D Dermaforce the current used produces radio waves, hence "radio" frequency. These radio waves carry energy into the skin which triggers the effect that we want...the stimulation of fibroblasts to produce new collagen fibres.