

Treatment Guidelines

QUITIS
Look Your Natural Best

MEET THE QUTIS TEAM

Our nurse team has over fifty years of combined specialist experience in aesthetic medicine.



Marea Thorns
MSc RN NIP
Advanced Nurse
Practitioner (Owner)



Steve Thorns
BSc
Managing Director
(Owner)



Angela Hunt
BSc RN
Nurse Business
Manager



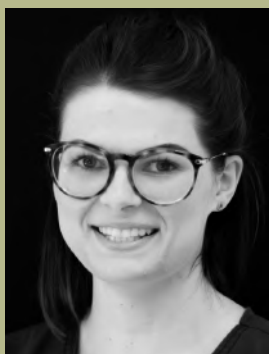
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Paige Scurfield
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Charlotte Cliff
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Welcome to Qutis Advanced Skin Clinics. We aim to provide you with a positive experience and look forward to many 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 in Hertfordshire.

We are specialists in:

Non-Surgical Facelifts
Dermal and Lip Fillers
Botox Wrinkle Treatment
Botox for Jaw Clenching and Migraines
CoolSculpting - Fat Freezing - Permanent Fat Reduction
Skin Health
Acne Management
Sun Damage , Age Pigmentation Spots & Facial Blemishes
Mole Removal
Permanent Hair Removal
Hay Fever Treatment

Plus other treatments that help you Look Your Natural Best.

You'll have your first consultation with a Qutis specialist nurse or a Qutis laser practitioner. All our nurses are registered (RN's) and several of our nurses hold an advanced qualification as Nurse Independent Prescribers (NIP), this is required for a BOTOX® prescription or any other prescription skin medicines we may use. All of our laser technicians hold qualifications in beauty therapy and have the Core of Knowledge Laser qualification.

Useful Clinic Information

When you have had your first consultation 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.

One of the team will also apply a numbing cream before your consultation. This allows time for the cream to take effect and make you comfortable, if you choose to go ahead with treatment in the appointment.

If you choose not to have a treatment, that's no problem and the effect wears off quickly.

Our friendly reception team are a great source of advice, they are fully trained in our clinical skin care range and can advise on products and offer samples to suit your needs.

We often promote or highlight different products and services throughout the year. You will see signs in 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.

CoolSculpting (Fat Freezing Treatment)

Before treatment:

The CoolSculpting procedure works by delivering controlled cooling to selectively target the fat cells underneath the skin while leaving the skin itself unaffected.

As your treatment will be over several hours, we will provide hot and cold beverages as required and a tasty light lunch. You can make your choice from a simple deli menu at the start of your treatment. Please let us know in advance if you have any special dietary requirements.

To pass the time during treatment, you may wish to bring a movie or an audiobook on your smartphone. We also have an iPad for customers to use with some popular apps. Alternatively, we find many customers just chose to relax and catch up on a bit of sleep!

Following treatment:

Following your procedure, a gradual reduction in the thickness of the fat layer will take place over the coming weeks and months.

Once you are home you may experience some redness, bruising, swelling, tenderness and aching which should gradually improve over 1-3 weeks. Skin itching, sensitivity and numbness may last for several weeks after the procedure. Please let us know if any of these conditions persist or worsen over time. If pain relief is required we would advise you take paracetamol instead of Ibuprofen. This is because Ibuprofen is an anti-inflammatory medication which may negatively impact your results by reducing the inflammatory response within your tissues. We would also suggest refraining from intense physical activity and extreme changes in temperature for 48 hours post procedure.

In terms of following any diet and exercise regime, all we ask is that you maintain your current weight. Diet and exercise regimes are not needed, however, they of course may further enhance your Coolsculpting results.

Pre treatment a 'Sharpie' ink marker will be used to identify and mark out the correct areas of your treatment. This marking is essential to ensure we sculpt the correct pocket of tissue as the results are permanent. As Sharpie pens can be difficult to remove we recommend using baby wipes or acetone (nail polish remover) to wash off any residual pen marks.

If after CoolSculpting you put weight on, the fat cells which were removed by your treatment will not return, however, the remaining fat cells may enlarge and this therefore may negatively impact your results.

We generally find that as fat loss with Coolsculpting occurs over such a gradual period of time, your skin will retract and will tighten nicely. However, if your skin was flaccid or loose before treatment due to things like weight loss, the ageing process or pregnancy, then Coolsculpting will not resolve this issue. In this case you may wish to consider extra skin tightening treatments, which we also offer at Qutis.

Very rarely, some patients may experience late onset pain a few days after treatment which can be intense. Please contact us straight away if this occurs. You should contact us out of hours on the telephone number provided by your practitioner, or use the 'out of hours' contact number at the end of our clinic telephone answer message. We have a protocol to follow in this case, so it's important that you contact us directly so that we can diagnose and treat you promptly and effectively.

A follow up medical assessment will be planned for six weeks and twelve weeks post procedure. At this time you will be invited back in for another set of photos and we can review your treatment results and discuss if you think further treatment is needed.



BOTOX® for Fine Lines, Jaw Clenching & Migraine Treatment

Before treatment:

For injectable treatments please don't take alcohol, 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. Although sometimes possible, it is preferable not have treatment close to a special event as 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. practice frowning, raising your eyebrows or squinting). This helps to bind the Botox into your muscles. Although this is thought to help, it will NOT impact your treatment negatively if you forget to do this.
- **DO NOT** rub or massage the treated areas for 24 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 ask you to arrive 15 minutes early for your treatment to have numbing cream applied to the treatment area. Please also shave your 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.
- After 4 to 14 days you should notice less sweating.
- We offer a 14 day free of charge medical review appointment so that your treatment results can be reviewed.

Dermal Fillers and Non Surgical Face-Lift

Before treatment:

We ask you to arrive 30 minutes early for your treatment make up free and to have numbing cream applied to the treatment area.

- 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. Book your treatments at least two weeks before, depending on your healing process.
- If you have a virus or bacterial infection (such as 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 slight redness, swelling, tenderness, a faint bubble like appearance 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 clinic.
- If you have under eye fillers, we advise that you sleep on an extra pillow to prevent excessive swelling in this area.
- The initial swelling after a skin thickening treatment from certain fillers may take longer to settle. Some patients experience swelling for about a week and the skin can look somewhat uneven during this time. This means that the result directly after the treatment should not be viewed as the final result.
- Avoid touching the treated area for 6 hours. After that, light make-up can be worn and the area can be gently washed with cleansing complex and water. If instructed by your nurse, gentle massage of the treated skin may begin 6 hours following the injections and should be conducted with clean scrubbed hands. 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.
- Lycogel® – an anti-inflammatory camouflage foundation that oxygenates skin at the cellular level, waterproof as well as an SPF. At Qutis we give you this sterile package for 4 applications. Apply with the sponge provided.

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 skin care 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 your Qutis Skincare Regime your practitioner has created for you. This will significantly decrease your recovery time and improve your overall treatment results and longevity.

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.

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 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 experience of 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 lady shaver 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:

If your mole or lesion has not been diagnosed by a GP or specialist dermatologist you will require confirmation that the area is benign to ensure it is suitable for you to have this treatment.

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 bathing.
- During your healing process avoid picking or touching the treated area for 10-14 days.
- Avoid antiperspirant on treated skin for at least 24 hours.
- Please feel free to book a follow up appointment at 4-8 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 make up 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. Only iS Clinical SHEALD should be applied to soothe your skin.
- 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 can be easily covered with our Lycogel® 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.
- You must apply iS Clinical Pro Heal serum daily to the treated area.
- Aerobic exercise should be avoided for 48 hours.
- Sun exposure must be avoided for 2 weeks post treatment.
- 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.

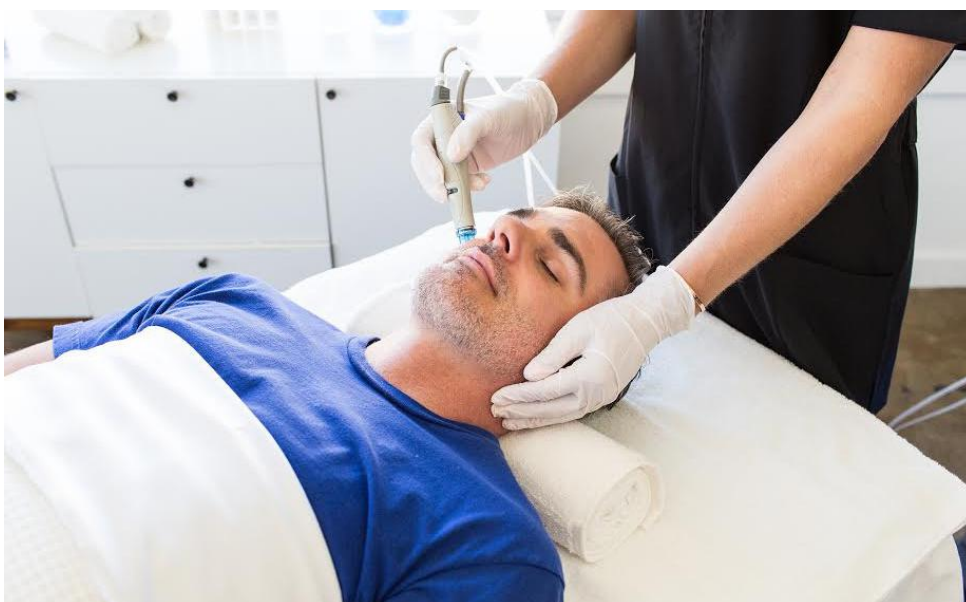
eMatrix Sublative Rejuvenation

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.
- 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.



Your clinical skin care regime

We all like to age well. To enhance and prolong your treatment results we strongly advise that you let us care for your surface skin and complexion with our science backed advanced products. Patients who sign up to the 12 month HydraFacial package will receive a 10% discount on skincare products. Here is your tailor made regime:

Morning regime:

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Evening regime:

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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



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