

NCTF – Booster + Skin Needling Information

NCTF® 135HA is a unique, Positive Pro-ageing, polyrevitalising solution that provides the dermis with the essential ingredients it needs to thrive. It creates the optimal environment to reboot fibroblasts activity, which are responsible for the production of collagen, elastin and hyaluronic acid. NCTF® 135HA stimulates the skin without changing the facial features or expressions. Containing free HA, the New Cellular Treatment Factor (NCTF®) smoothes out fine lines, restores radiance, deeply nourishes the skin and increases density of the dermis. It contains Free HA: 12 vitamins + 24 amino acids + 6 co-enzymes + nucleic acids + 6 minerals + 6 others. Treatment sessions are 3 sessions spaced out by 3-4 weeks apart + 2 sessions spaced out by 1 month.

The treatment is delivered via microneedling or mesotherapy injections. Skin Needling is a skin rejuvenation treatment designed to stimulate natural collagen production. Ultra-fine, medical grade stainless steel needles are passed vertically across the skin creating multiple surface skin channels. This treatment is designed to support skin regeneration to help improve skin texture, and to plump and firm the skin giving an overall more youthful and glowing appearance.

Skin Needling has many skin health benefits and is most effective in treating:

- Fine lines and wrinkles
- Enlarged pores
- Uneven texture and coarse thickened skin
- Acne scars and stretch marks.

It is important to remember that although some results will be seen after the first treatment to obtain best results a course of treatments along with following a prescribed home care plan is required.

PRE-CARE: Given to me prior to treatment

-It is crucial that you do not consume alcohol at least 24 hours before undergoing the FillMed Skin Booster injections, as alcohol can thin the blood and increase the possibility of bruising.

-You should also avoid medications like Blood Thinners, Aspirin or Anti Inflammatories for 1 week prior to your treatment.

-Avoid other facial treatments at least 1 week prior to your treatment.

-Avoid extensive sun exposure at least 3 days prior to your treatment.

-Avoid Hair Removal at least 1 week prior to your treatment.

(Whether that be Waxing, Laser or Cream – Shaving is okay if done gently ensuring no nicks).

-In addition, please make sure you are not wearing makeup on the day of your treatment.

Please let your clinician know if you suffer with any of the Contra-indications associated with Filled Skin Booster Injections:

- Coldsore (herpes virus)
- Granulomas
- Spots/acne at the injection sites
- Active Infections (skin)
- Allergy/Hypersensitivity to Hyaluronic Acid
- Scar tissue
- Pregnancy
- Breastfeeding mothers
- Body Dysmorphia
- Unrealistic Expectations
- Blood thinning medication
- Epilepsy
- Papustular Rosacea
- Open Lesions
- Solar Keratosis
- Skin Cancer
- Haemophilia
- Autoimmune diseases

Common Short Term Side Effects:

- Immediately following the treatment redness and inflammation will be present. Generally, the skin looks red and feels as though it is sunburnt, or wind burnt, the skin can become tight and slightly uncomfortable. This may last for 24-48 hours, during this time you must follow all post care requirements.
- Pinpoint bleeding is to be expected with treatments however skin will not continue to bleed following the treatment. Please ensure you have a clean pillowcase for when you go to bed the first night after your treatment.
- Bruising, crusting and light flaking may occur on the days following the procedure.
- Grazing and pustules may also occur but are not common.

After your procedure care:

Home care:

Do not wash your face or apply any skincare products for 4-6 hours

Day 1-2 post treatment

Cleanse face then apply Oleo gel (white cream in container provided) in the morning and evening.

Day 3-7 post treatment

Cleanse face then apply KCutic cream (cream color cream in container provided) in the morning and evening. Day 3 apply face mask provided.

You can resume normal skin care routine after day 7

-Avoid exercise / sweating for 24 hours

-Avoid swimming, sauna's and spa environments for 48 hours

-Sleep on a clean pillowcase at night. Preferably Silk / Satin if possible.

-Golden Rule: Make sure that you are also avoiding direct sun exposure for 7 days post procedure.

Apply 50+ sunscreen every time you are in the sun

-Drink LOTS of water!

By agreeing to go forward with this treatment you understand that the treatment may involve risks of complication or injury from both known and unknown causes, and you freely assume those risks. Prior to receiving treatment, you have been candid in revealing any condition that may have a bearing on this procedure.

You give consent and authorize Nurse Practitioner Elizabeth Hristov to use all products and equipment that make up the FillMed Skin Booster treatment for you. You certify that you have read this entire informed consent you understand and agree to the information provided in the form. All your questions regarding the procedure have been answered satisfactorily.

You release Nurse Practitioner Elizabeth Hristov from all liabilities associated with this procedure. This consent is valid for all my FillMed Skin Booster treatments in the future as well.