

Contact

Teesside Fat Freezing

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Plasma Pen and Teesside HIFU are all
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Teesside Fat Freezing



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If you can squeeze it, we can freeze it



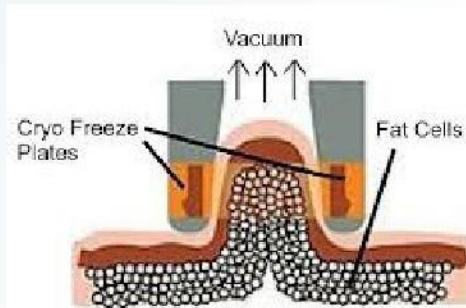
What is Fat Freezing?

Fat Freezing, known under the scientific name *cryolipolysis* and the registered trade mark *CoolSculpting*, is a non-invasive, non-surgical, clinically proven method of targeting fat in problem areas using cooling technology. The procedure has been passed as safe by the Federal Drug Administration (FDA). It works by cooling unwanted fat cells in the body which kills some of the fat cells by a natural process known as apoptosis. The surrounding tissues are unaffected and unharmed.

The fat cells are taken to low temperatures at which they crystallize and die and are excreted by the body over a period of about 12 weeks. The skin is protected by an antifreeze membrane. The treatment is non invasive, safe and generally well tolerated with minimal side effects. You can expect to lose, on average, about 30% of the fat in the targeted area per treatment. Once the fat cells have died they are gone forever. If you subsequently gain weight, you will gain weight all over but will still have less fat in the targeted area than you would otherwise have had.

What are the Benefits of Fat Freezing?

It is non surgical and non invasive. You will suffer no downtime and you will be able to return to your normal activities afterwards, including returning to work and exercising. It is also safe. During the procedure patients can sit or lie comfortably and read, work on their laptop or even have a sleep during the procedure. .



It is convenient. The procedures last on average one or two hours, so can be completed with minimal disruption to your day.

The results are visible. You can see the benefits, usually between about 6 - 12 weeks after treatment. Areas can be retreated for further enhancements. Most people are happy with between 1 and 3 procedures.



Lower abdomen during bilateral (2 area) treatment

Side Effects

Common side effects with Fat Freezing tend to be minimal and in most cases of no concern at all. Typical side effects can include:

- Numbness of the treated area.
- Redness, sometimes with bruising. The bruising is caused by the vacuum action of the cups and varies from person to person.
- Tingling, stinging or pins and needles - can occur transiently as the skin warms up again after treatment.
- Swelling.
- Tenderness

Less common side effects can include:

- Shooting pains or a burning sensation



Unretouched photo showing before and six weeks after a single treatment (results vary).



Shockwave Therapy (Acoustic Wave Therapy)

Shockwave is a technology that was originally used for destroying kidney stones. Although still used for this purpose, it can now treat many more problems, both cosmetic and medical. Below are just a few of the many uses of Shockwave Therapy.

Cosmetic

Improvement of the appearance of cellulite
Skin tightening
Stretch mark improvement

Enhancement of the results of Fat Freezing when carried out directly after a Fat Freezing treatment.

Shockwave Therapy has a mechanical effect, like a sharp crack. The shock of the acoustic wave on recently frozen fat cells increases the degradation and subsequent elimination of these cells.

Most protocols recommend massaging the areas directly after the treatment, which is what I usually do. However, studies have shown that applying shockwave therapy immediately after Fat Freezing is more effective. E.g. see <https://pubmed.ncbi.nlm.nih.gov/22042359/>.

Shockwave is available as an additional extra in conjunction with fat freezing.

Medical

Erectile dysfunction (ED) treatment (generally recommended for treatment of men for whom viagra works)

Treatment of tendinopathies including achilles tendonitis (not within 6 weeks of a cortisone injection)

Treatment of plantar fasciitis



Treatment protocol for cellulite

The protocol depends on the severity of the cellulite and whether the treatment is being combined with Fat Freezing.

For cellulite treatment alone, two sessions a week for between three and six weeks are required. The client should return for a follow up session one week after completing the course and again 12 weeks after treatment for after photos.

For treatment in conjunction with Fat Freezing, Shockwave should replace the post treatment massage.

There is no downtime and the treatment is quick, safe and painless. Side effects are rare, although it is possible to exhibit some redness or bruising post treatment. Over exposure to the sun should be avoided two days before treatment.



Clinical Evidence of Efficacy

There are many clinical trials that prove the Shockwave is a great treatment for cellulite, e.g. [Can cellulite be treated with low-energy extracorporeal shock wave therapy?](#)



What is Plasma Pen?

Plasma Pen, sometimes called Fibroblast, is an advanced, non surgical skin tightening and skin rejuvenation service that is particular suited to tightening skin above and below the eyes, around the mouth, on the forehead, the neck, the décolletage, the abdomen - in fact, anywhere there is loose skin or wrinkle formation.

Following the numbing of the skin using a lidocaine based topical anaesthetic, I place a matrix of tiny burns in the target area and. As the skin heals, it covers the little wounds which produces a tightening effect. Also, over the following 4-8 weeks as part of the wound healing process, the body sends fibroblast cells (skin cells) to heal the wounds. Fibroblasts create collagen, which gives the skin its strength and elastin, which gives the skin its elasticity and the skin is effectively rejuvenated.

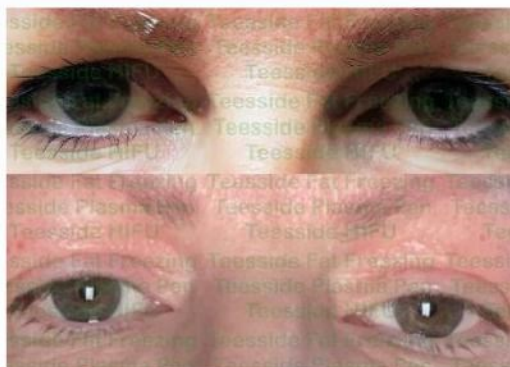
The results are long lasting, the skin just starts to age again after the healing process has completed. Often one treatment is enough, but sometimes in cases where there is a lot of loose skin, further treatments (spaced 6-8 weeks apart or when the skin has fully healed) may be required.

Multiple areas can be treated at one time. However, when the eye is treated, there is normally swelling which peaks on days 2-3. For this reason, I do not treat the upper lids and the lower lids together as the eyes could swell too much.

Cysts and Blemishes

Skin cysts, age marks, warts , skin tags and other blemishes can be removed quickly and easily with the Plasma Pen. Note I do not remove moles.

Before and After Photos



Side Effects

- Pin prick scabs, which start to fall off at around days 5 -7 after treatment
- Swelling, especially around the eyes when the eyes are treated.
- Soreness, after treatment it feels a bit like sunburn
- It is necessary to wear Factor 50 sunblock for 3 months after treatment to avoid the risk of hyperpigmentation



Unretouched photos showing before and healed afters of a single treatment (results vary).



The HIFU Facelift

The HIFU face lift uses High Intensity Focused Ultrasound to lift the deep

tissues of the face and neck and tighten the superficial layers. It is entirely non-invasive and takes about 2 - 2.5 hours. It tackles many problems including

slackness around the neck and jowls and superficial wrinkles.

The treatment works best on clients in their 30s to late 50s / early 60s. Usually only one treatment is necessary and the final results can be seen after about 3 months but there is often a slight improvement straight away.

HIFU Skin Tightening

HIFU skin tightening can improve the appearance of wrinkly skin in places such

as the tummy, hands, upper arms and décolletage. Using cartridges of two different depths, which target both the superficial and the deep dermis, tighter and younger

looking skin can be achieved. The photo below shows skin tightening achieved on the upper

arms .



HIFU Cellulite Reduction

The appearance of cellulite can be improved by using HIFU cartridges that penetrate deeper into the fat layers beneath the skin. You can see a typical result here on the thighs.



Side Effects

- Most clients just have slight redness which resolves quickly and without issue.
- A little tenderness, especially around the jaw line.
- Occasionally a little numbness or bruising is possible.
- There is no downtime and you can get back to your normal activities straight away, although it is wise to avoid hot baths, alcohol and saunas for 24 hours after treatment..

JAN 2020



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Fractional RF Microneedling

The Fractional RF micro-needling treatment is a great treatment for the skin providing:

- skin tightening,
- lifting,
- rejuvenation
- stretch mark removal
- acne scar removal
- general scar revision
- improvement in skin texture and reduction in pore size.

It's a combination of radio frequency (RF) and microneedling and works by applying controlled RF energy directly into the skin with micro-needles. The treatment represents the most advanced fractional radiofrequency system that lays down new collagen fibres and provides deeper skin remodeling to reduce the visible signs of aging. It is safe to use on all skin colours. It is also known under the trade names EndyMed, Vivace, Dermaforce 3D and Morpheus8.

How does it work?

During the treatment, very fine gold plated needles are used that gently puncture the skin and direct the RF energy. The cartridge is disposable and has 25 needle tips (or 64 for body treatments) which pierce the skin to a controlled depth. Bipolar RF energy is conducted through the needles to affect the dermis around the needles.

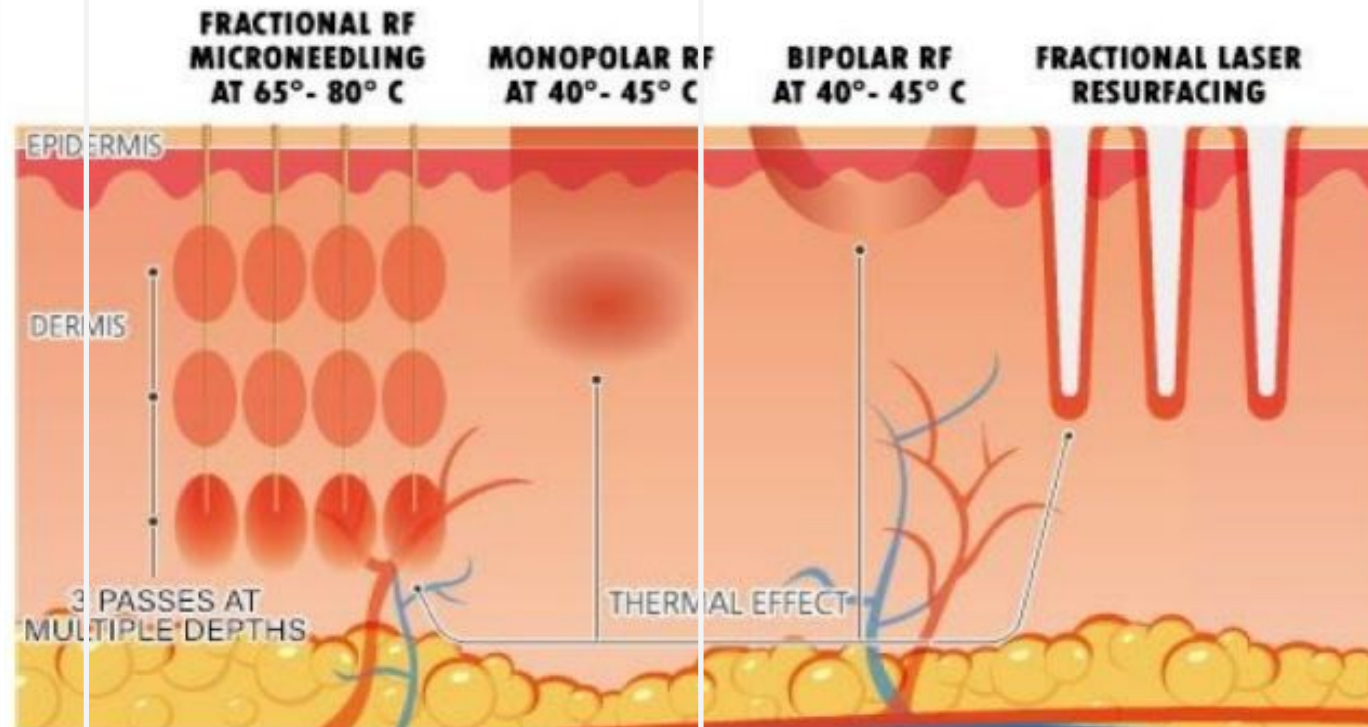
The skin starts to heal and the wound healing process starts which triggers the build up of collagen, which gives the skin its strength and elastin, which gives it its elasticity. The overall effect on the skin is to make it look firmer, tighter and younger.

What are the side effects?

This treatment is safe and effective. Side effects include:

- redness that lasts 24-48 hours
- pinpoint bleeding
- skin peeling and flaking
- itching
- swelling
- bruising
- in people who suffer from cold sores – a break out of cold sores due to integrity of the skin being disrupted.

The first three side effects on the above list usually occur. The remaining items occur less frequently. If you suffer from cold sores and want the treatment, it may be worth discussing with your doctor if it's worth taking an antiviral medication before treatment.



Electro Magnetic Muscle Sculpting (Body & Pelvic Floor)

This treatment uses high intensity electromagnetic technology . It is a treatment which can contract your muscles 20,000 times in half an hour using electromagnetic stimulation (don't confuse this with the electrostimulation of devices like Slendertone which are much less effective and a completely different technology).

Each treatment is the equivalent of doing 20,000 sit ups or 20,000 squats in half an hour! A course of four treatments over two weeks can produce results equivalent to working out at the gym for six months in people who are at or within a stone of their ideal weight.

The treatment can also burn fat in two ways:

- the muscles use up more energy when they get bigger, and so use up fat stores
- added radio frequency on the treatment paddles also burns some fat.

Bum lift



How many treatments are needed?

A series of 4-6 treatments are recommended over two to three weeks. (6 for the pelvic floor).

Which areas can be treated?

Under arms, abdomen, back, inner thighs, inner calves, love handles, bottom, outer thighs. The pelvic floor can also be treated with the special "seat" attachment, which we have. This is the same technology used medically to treat urinary incontinence through strengthening of the pelvic floor muscles.



Is there any downtime?

No, you are free to carry on with your day. Also, there are no visible marks that a treatment has been performed.

What sort of results can I expect?

Muscle size can increase by up to 16% and fat can be reduced by up to 19%. The definition can be seen more easily on clients where the initial layer of body fat is not too deep.

What is the aftercare?

The aftercare is minimal, but clients are recommended to wait an hour after treatment before eating.

It's also advisable during the treatment course to drink more water and eat more high protein foods e.g. lean meat, chicken, fish, soya.

Laser Thread Vein Removal



Thread veins, also known as spider veins or the technical name "telangiectasia" are clusters of slim visible veins which can either be red or blue coloured.

They typically appear on the face or legs. Unlike varicose veins, they are flush with skin and do not cause bulges.

Whilst these veins are completely harmless, many people would rather they didn't have them and seek to minimise their appearance. Traditionally, they were treated by injections known as sclerotherapy, but technology has now improved and they can be removed easily and painlessly with laser therapy.

How does it work?

The laser has a wavelength of 980nm, which selectively targets the pigment in the red blood of the thread veins. The heat causes the vein to break down and the blood to coagulate – the vein closes in on itself and the blood is rerouted into other blood vessels and disappears from the surface of the skin.

The treatment is safe, effective and non-invasive (no needles required!) An improvement is often seen straight away, but on average 2 or 3 treatments are needed with final results being seen 3 to 6 weeks after the last treatment.



Will it hurt?

The procedure is comfortable and numbing cream is not required.

Which areas can be treated?

Anywhere there are thread veins, although these usually occur on the legs or the face.

How many results are needed?

A patch test and then two to three further treatments are required for best results. Sometimes more treatments are required on the legs. It is recommended to have about four weeks between treatments and wear a sunscreen during this time.

Can thread veins be treated on the NHS?

No, the treatment is considered to be cosmetic and therefore does not come under the remit of the NHS.

Is there anything I need to know before treatment?

- Avoid using aspirin or blood thinning medication for at least one week before and after treatment. These medicines can increase bruising.
- If you are having facial veins treated, arrive for your appointment make-up free and clean shaven.

Avoid alcohol and smoking for 24 hours before and after treatment.