

A GUIDE TO
PROFHILO

WRITTEN BY JANINE WATERFALL



JANINE | Facial
WATERFALL | Aesthetics



PROFHILO®

WHAT IS PROFHILO?

Profhilo is an injectable anti-ageing treatment created to improve skin volume, complexion and elasticity. Profhilo is made from hyaluronic acid and it has one of the highest volumes of this on the market currently.

Naturally with age our appearance changes due to tissue loss including bone, muscle and fat. This results in skin losing its elasticity and firmness and leading to fine lines, wrinkles, thinning and sagging of the face.

Profhilo tackles this by injecting a high volume of hyaluronic acid just below the surface of the skin where it disperses quickly and reacts with the tissue to instantly boost hydration. Followed by a gradual stimulation and remodel of your Collagen, Elastin & Adipocytes which improves your skin quality and complexion over time.

For best results, it is recommended to have two sessions of Profhilo, 28 days apart.

WHAT ARE THE BENEFITS?

Prophilo is BDDE-free and has one of the highest concentrations of HA on the market (64 mg / 2 ml), it is not only boosting and hydrating the skin, but also remodels the ageing and sagging tissue. Hyaluronic acid is a naturally produced substance in our body, found in our skin, joints and connective tissue, it attracts and binds to water in the skin, aiding collagen production. This means the risks are low with Prophilo as our body recognises HA and it has a low immune response.

Our bodies take a real hit over the years from the sun, diet, lifestyle, pollution and more.

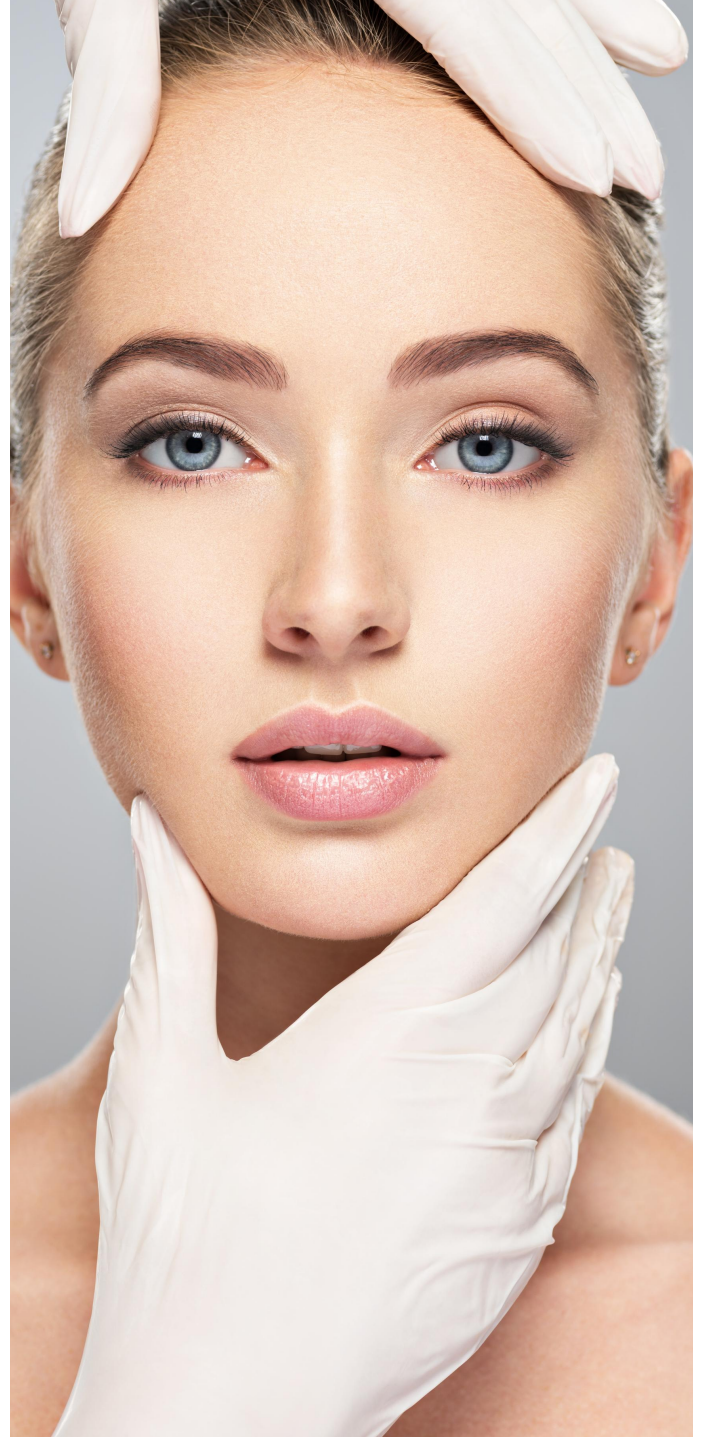
The benefits of Prophilo include;

- Anti-ageing
- Volume addition
- Hydrated skin (reduction in dry skin)
- Improved complexion
- Reduction in fine/lines and wrinkles
- Potential complete loss of fine lines
- Prevention of line formation

WHAT ARE THE RISKS?

"EVERY TREATMENT POSES A CERTAIN AMOUNT OF RISK BUT THESE ARE RARE"

The most common side effect from treatment is redness, soreness, swelling and bruising. Please do not be alarmed if you experience these for up



to 2 weeks post treatment. If you are on blood thinners then this could last longer.

Majority of patients experience no other side effects however it is important to report any concerns to your clinician so they can assess and treat accordingly. There is always a small risk of an allergic reaction however these are rare. Every treatment poses a certain amount of risk but these are rare and your clinician will explain these prior to treatment so you are aware.

WHAT TO EXPECT

Prior to treatment it is essential that you book a consultation with your clinician. During my consultation I will be looking to listen to you and determine what it is you are aiming to achieve with treatment. I will examine your facial features and take measurements to help aid a tailored care plan for you. During this time it is essential for me to take a thorough medical history from you. Please don't be offended if I ask some in depth questions that may seem like a lot as this really does help me with treatment and to make sure you get the best care possible.

Another essential part of the consultation are taking before photos. This is a legal requirement now but it is also a very valuable tool for you to see your end results and to show off if you wish. Rest assured that I keep all of your personal information under encryption so it is safe and between us unless you allow me to share.

Once we have consulted I will give you some time to think about what we have discussed and I will give you a tailored care plan for you to take home, along with some preoperative instructions for you to follow prior to your treatment day.

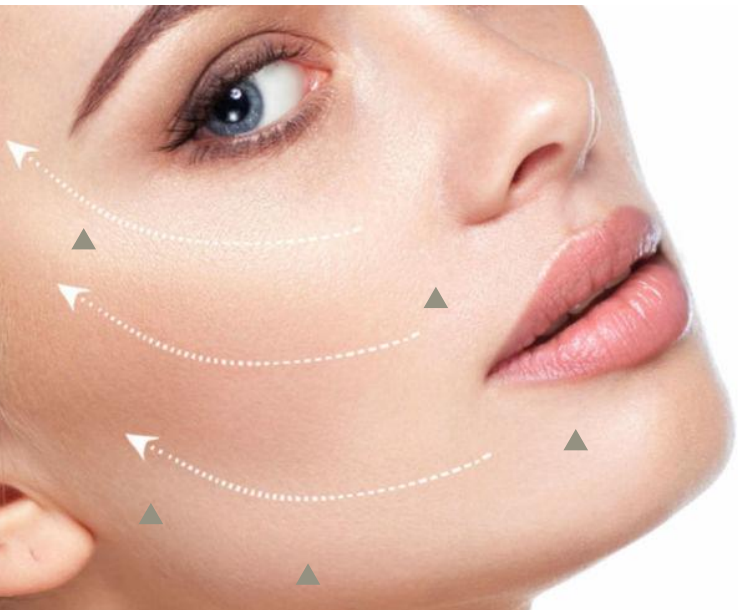
On the day we will go over your care plan once more to ensure you are happy to go ahead & then it will be time. If you are nervous with injections I can offer you some anaesthetic along with some other techniques I have available for you, to ensure you feel comfortable throughout. There is no pressure on you and we go at your own pace.



JANINE WATERFALL (BSC) DENTAL THERAPIST & AESTHETIC PRACTITIONER

Afterwards, I will give you plenty of time to rest and during this time we will go over any aftercare instructions. Don't worry if you forget as I will give you a copy of these to take home with you.

I prefer to see my clients 14 days after most treatments in order to review how you are and examine the results. This is a great time to take after photos too, as we can now see a true result from your treatment.



HOW DOES IT WORK?

BAP TECHNIQUE

Profhilo has a total of 10 injections given into the skin's dermal layer, 5 on each side. The areas we administer are carefully measured prior to treatment.

The areas we focus on are:

- Zygomatic Protrusion (cheekbone)
- Nasal Base (in line with the nostril)
- Tragus (in line with the ear lobe)
- Chin
- Mandibular Angle (jawline)

This technique works effectively because these are the main areas where skin ages. By adding high volumes of HA, we can give the skin a chance to hydrate and remodel giving you a refreshed and radiant look.

A close-up photograph of a woman's eye, looking directly at the camera. She has dark, well-defined eyeliner and mascara. Her hair is blonde and slightly out of focus. The background is a soft, neutral tone.

WILL IT HURT?

"WE ARE ALL DIFFERENT AND UNIQUE BUT WE CAN HELP WITH THIS"

If you are a nervous patient, please rest assured that I will work with you at your own pace to ensure you remain comfortable throughout. We also have numbing creams to improve comfort.

Being a dental professional, I see many anxious patients and I am very attentive to you during the appointments, plus I have some techniques up my sleeve to help calm your nerves during treatment. We are all different and unique but we can help with this.

IS THERE DOWNTIME?

The great thing about these types of treatments is that in the majority of cases, is that there is minimal downtime. We are all different and I explain this to all of my patients, some may prefer to go home and rest after treatment & some may wish to go straight back to work and/or daily activities.

A common side effect is mild to moderate swelling which maybe visible for up to 2 weeks after.

It is best to avoid some things especially smoking and alcohol for 72 hours, any strenuous exercise for 24 hours and make up in the area for at least 12 hours as this can increase your chances of inflammation and infection. You will be given aftercare instructions to ensure you know what to avoid after treatment.



HOW LONG DOES IT LAST?

PROFHILO

If you have 2 sessions 28 days apart, results can last up to 6 months. We are all different and our bodies respond differently, so please understand this may last less time.

Most patients generally see benefits for about 4-6 months.

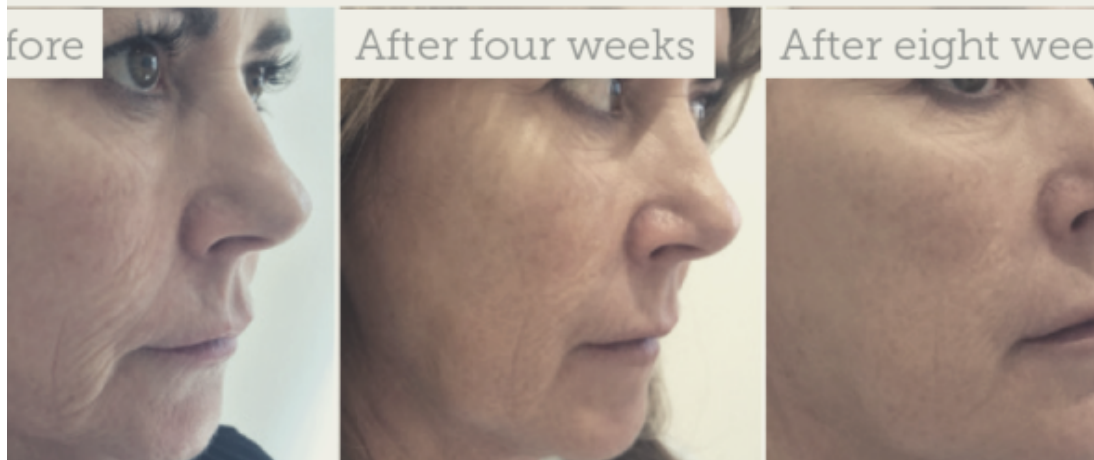
DO I WANT PROFHILO?

Profhilo is indicated for anybody above the age of 35 yrs however if you feel you would benefit from this, as you notice signs of ageing or suffer with dry skin or dark areas under your eyes then you may benefit from Profhilo. The best way to determine this would be to book a consultation and have a thorough examination.

RESULTS

DR EMMA RAVICHANDRAN SAYS

“Anyone who presents with signs of skin ageing and is suitable for dermal filler treatment is also suitable for treatment with Profhilo. Once injected, the product immediately starts spreading due to the high concentration of HA and its cohesive nature. The BAP technique is an extremely effective and simple technique to use for injectors who are not comfortable with the use of cannulas.”



JANINE | Facial WATERFALL | Aesthetics

www.jwfacialaesthetics.co.uk

@jwfacialaesthetics

hello@jwfacialaesthetics.co.uk

