



Medical Grade Skin Care

Ms Nugent offers medical grade skin care products to treat and prevent signs of ageing such as changes in skin tone and texture, irregular pigmentation and fine lines. The course of treatment is tailored to your skin type and needs. The skin care products can be used alone or in combination with other facial rejuvenation techniques e.g. to enhance the effects of facelift surgery or in combination with facial peels, wrinkle reducing or dermal filler treatments. As these are medical grade skin products, they have a stronger effect than those available on the high street or in department stores. They should be used carefully as discussed with you. It is usual to have some redness, irritation and peeling of your skin during the active treatment period with retinol containing products and it is necessary to protect your skin from the sun during this time too.

General skin care advice

- Protection of your skin from over-exposure to the sun reduces the effects of ageing, reduces the risk of some skin cancers and is advised if using retinol or hydroquinone containing skin care products as your skin will be more sensitive to the sun when using these products
- Smoking has a detrimental effect on skin causing premature ageing and distinct patterns of skin lines e.g. around lips
- Good nutrition benefits your skin as well

Indications for treatment

- Sun damage
- Uneven pigmentation
- Acne
- Fine lines and wrinkles
- Skin preparation for facial peels
- Maintenance of skin post facial peels or facial rejuvenation surgery

Expected results of treatment

- Reduction in appearance of fine lines and wrinkles
- Improvement in uneven pigmentation
- Improvement in skin texture and tone
- Reduction of sun damage
- Improved complexion

Limitations of treatment

- Medical grade skin care will not treat skin lesions such as skin cancers or areas of severely sun damaged skin. Other prescription ointments, cryotherapy or surgery may be indicated.
- If you have loose skin and descent or hollowing of areas of your facial tissues, other treatments such as surgery or dermal fillers may be better instead of or as well as skin care products.
- Deep wrinkles will not be treated by skin care products. They may require additional treatment with wrinkle reducing treatments, dermal fillers, laser or surgery.

Aisling Plastic Surgery Ltd

Issue 4: February 2020

Purity Bridge, 19 Mount Ephraim, Tunbridge Wells, Kent TN4 8AE

M | 07580 251 540 T | 01892 619 248 F | 01892 222 048 E | enquiries@noranugent.co.uk www.noranugent.co.uk

Registered Office: Rex Buildings, Alderley Road, Wilmslow, Cheshire, SK9 1HY | Company Number 09885631 | Registered in England and Wales

Expected effects during treatment

This will vary depending on the strength & combination of products chosen, the duration of treatment and your skin type but include the following:

- Redness
- Dryness/Flakiness/Peeling
- Skin sensitivity
- Breakouts of spots (in some people)
- Tight feeling of the skin

Duration of treatment

Usually it is necessary to undertake treatment for a minimum of 12 to 24 weeks to see the desired effects of treatment. A less intensive maintenance regime can be used after this if desired to prolong the effects of treatment. The products are designed to work together in a complimentary fashion. It is therefore best to use products in the frequency and manner in which they are prescribed for you. A course of treatment can be repeated in the future if required. You will be asked to come back at regular intervals (usually about 6 weekly) for assessment of your skin. Any adjustments to your treatment necessary can be made during these assessments. Clinical photographs will be taken before, during and after your skin treatment to help plan your care and monitor your progress.

Adverse effects

Adverse effects due to medical grade skin care are normally more severe or extensive versions of the expected skin reactions during treatment.

- Redness, irritation, skin sensitivity, skin tightness, skin breakouts and dryness, flakiness and peeling of the skin are expected to occur with stronger products. In some people, they can cause greater problems than usual and if this is the case for you, you will be advised on how to deal with this or your skin care regime will be adjusted to make it more suitable for your needs and skin type. If severe, the treatment course will be stopped, and your skin reaction will then settle.
- If you do not protect your skin from the sun adequately during treatment with retinol or hydroquinone containing products, you will find that your skin is much more sensitive to the sun and can burn more easily.
- Over-use can be too strong for your skin and damage it, so please follow your instructions carefully.
- Skin tends to become paler with retinol treatments as surface pigmentation can be reduced. Occasionally this is uneven or problematic.
- Allergic reactions can occur with all skin care products and you are advised to stop use immediately if this occurs.
- Failure to achieve the expected results or level of results. Results of skin care products can vary from person to person and depend on the type and range of products used, the frequency and duration of product use, your skin type, preexisting skin damage e.g. from sun exposure or smoking, the level of skin ageing you have and your individual response to the products used.

If your skin reaction is excessive or unusual, you should stop using the products and contact Ms Nugent's office for advice before undertaking any further treatment.

© Aisling Plastic Surgery Ltd 2020

Aisling Plastic Surgery Ltd

Purity Bridge, 19 Mount Ephraim, Tunbridge Wells, Kent TN4 8AE

M | 07580 251 540 T | 01892 619 248 F | 01892 222 048 E | enquiries@noranugent.co.uk www.noranugent.co.uk

Issue 4: February 2020