

TIMELINE FOR FACTOR4 TREATMENT

- 1 The initial appointment day is for blood harvest, incubation, centrifugation, filtering and serum extraction. Stored frozen as required.
- 2 If the treatment is on the same day as the harvest, the patient returns to the clinic 6 hours later to commence their treatment. If the harvest was done previously and has been stored frozen, the patient will arrive for their scheduled appointment on time.
- 3 Allow 60 mins for the skin rejuvenation treatment. This includes 30 minutes for the numbing cream to be effective.
- 4 It is possible to return to duties immediately after treatment however it is recommended giving your skin recovery time by heading home and keeping your skin hydrated.
- 5 Factor4 skin rejuvenation treatments are suggested every 5-10 days (series of 4) and for the treatment of stretch marks, scars every 14-28 days (series of 4-6) and for hair rejuvenation once a month (series of 4-6)
- 6 Klinik Solutions suggests annual maintenance treatments. For example; your maintenance treatments could be initiated 6 weeks before each birthday. Fresh blood will need to be harvested.

FREQUENTLY ASKED QUESTIONS

Are there any side effects with a Factor4 skin treatment?

Although minimal, side effects can include a mild erythema, (feeling flushed, or mildly sunburnt), minimal localised bruising, grazed looking areas and you may get some peeling.

Are there risks of post procedure infections?

Post procedure infections are very unlikely. To ensure the right healing environment please follow the guidelines set out in these instructions. Please note Factor4 is usually administered with a skin needling device and these tiny micro holes created by the skin needling device close within minutes.

What is the down time after a Factor4 and skin needling treatment?

The inflammatory reaction of the skin is extremely short and fades significantly within hours for most patients. Your skin will change from a red color immediately after the treatment to a pinkish color and this may last for 1-2 days however this is only a guide as individual skin reacts and heals at different rates. It is expected you should be able to return to work or play the very next day. Hydration is essential and suggested skin care products are applied 3-5 times a day for 3-5 days and a good quality mineral makeup is acceptable for cover up if required. It is most important to protect the skin from the sun. **NO DIRECT SUN EXPOSURE.**

APPOINTMENTS



PRE PROCEDURE INSTRUCTIONS

For your blood harvest hydration is a prerequisite with Factor4. You need to be hydrated as much as possible to ensure a good 'harvest of serum' from your blood. It is recommended to consume 2-4 litres of water before your blood is taken. Do this gradually over the 24 hours leading in to your initial appointment. The reason for this is to ensure all of you is hydrated, not just your bladder! Health note—water is your best friend and the general rule is 2 cups of water for every cup of coffee etc you consume. Green tea, diet cordials (low in sugar) & coconut water are great hydrating fluids. Always stay hydrated.

It is preferable not to have sun-kissed skin, this makes it difficult to see how the skin responds. For treatment success it is required you are to be 4 weeks post any laser treatments. It is requested to avoid anti-wrinkle and dermal filler injections for the 2 weeks surrounding your Factor treatments. It is best to delay a Factor4 treatment if you are currently pregnant or breastfeeding. Also delay your Factor4 treatment if you are taking Roaccutane or similar or if you are on any active anti-acne topical skin care, had recent surgery, recent scars less than 6 months old, active herpes, acne or rosacea. Please ensure where possible, no makeup or creams are applied immediately prior to your treatment. Please let your Doctor or Nurse know beforehand if you have any history of cardiac or bleeding problems, Diabetes, Auto Immune Disease, skin or other cancers or other chronic illnesses, a history of previous PIHP (Post Inflammatory Hyper-pigmentation), Keloid scarring or other similar conditions.

AFTERCARE

Post procedure instructions

- Hydrate your skin 3-5 times a day for 3-5 days using suggested skin hydration care and use mild cleansing products only.
- Do not use any retinol and acidic skin care with "active" ingredients like Vitamin C for 3-5 days.
- Avoid the temptation to keep touching or rubbing the treated area.
- Do not use spray tan products.
- Avoid makeup if possible.
- Sun protection is paramount. Unprotected sun exposure is not advised and especially for the first 5 days post your Factor4 treatment.
- Avoid alcohol, swimming pools, vigorous workouts, smoking or any other activity that causes excessive sweating, blood thinning or dehydration over the next 12 hours.
- Speak to your clinician and begin suggested new individual skin care regime 5 days post treatment.