

PATIENT INFORMATION SHEET - ENDODEFINE

Procedure Performed by: Dr. Qureshi & Dr. Ahmadi

INTRODUCTION

At Cosmetic Surgery at the Royal Liver Building, we are committed to providing safe, effective, and patient-centred care in compliance with Care Quality Commission (CQC) regulations. This information sheet is designed to help you make an informed decision about your EndoDefine procedure. It outlines the procedure details, expected outcomes, risks, potential side effects, aftercare requirements, and alternative options.

We encourage all patients to read this document carefully and discuss any questions with Dr. Qureshi or Dr. Ahmadi, who will be performing your procedure.

WHAT IS ENDODEFINE?

EndoDefine is a minimally invasive skin tightening and contouring procedure that uses advanced energy-based technology to firm, lift, and redefine the skin. This procedure is designed to address skin laxity, sagging, and loss of definition in areas such as the jawline, cheeks, neck, and lower face.

By delivering targeted heat energy beneath the skin, EndoDefine stimulates collagen production and tissue contraction, leading to firmer, more youthful-looking skin. It is an ideal treatment for those looking for a non-surgical alternative to a facelift with long-lasting results.

Key Benefits:

- ✔ Minimally invasive – No large incisions or general anaesthesia required.
- ✔ Lifts and tightens the skin – Improves sagging in key areas of the face and neck.
- ✔ Stimulates collagen production – Encourages long-term skin renewal and elasticity.
- ✔ Short recovery time – Most patients can resume normal activities within a few days.
- ✔ Long-lasting results – Effects typically last up to 3 years, depending on individual factors.

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WHO WILL PERFORM THE PROCEDURE?

Your EndoDefine treatment will be carried out by Dr. Qureshi or Dr. Ahmadi, both of whom are highly experienced in energy-based aesthetic treatments and minimally invasive facial rejuvenation procedures.

Dr. Qureshi & Dr. Ahmadi's Credentials:

- Extensive experience in aesthetic medicine and energy-based skin tightening techniques.
- Highly trained in advanced non-surgical facial rejuvenation, ensuring optimal safety and results.
- Fully compliant with CQC regulations and committed to patient safety and satisfaction.

WHO IS SUITABLE FOR ENDODEFINE?

This procedure is suitable for individuals who:

- ✓ Are experiencing mild to moderate skin laxity in the face, jawline, or neck.
- ✓ Prefer a non-surgical alternative to a facelift.
- ✓ Have realistic expectations about the results.
- ✓ Are in good general health and do not have contraindications such as severe skin conditions, active infections, or blood clotting disorders.

PROCEDURE OVERVIEW

1. Consultation & Assessment:
 - Dr. Qureshi or Dr. Ahmadi will discuss your concerns, assess your suitability, and explain the expected outcomes.
 - You will be given the opportunity to ask questions and ensure you fully understand the procedure.
2. Preparation:
 - The treatment area will be cleansed and numbed using local anaesthesia.
3. Application of Energy-Based Technology:
 - A fibre is inserted beneath the skin.
 - controlled energy is delivered under the skin to tighten existing collagen fibres and stimulate new collagen production.
 - The procedure takes approximately 30-60 minutes, depending on the treatment area.

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4. Post-Treatment Care & Results:

- Immediate skin tightening is seen, with continued improvement over 3-6 months as collagen regenerates.
- Aftercare instructions will be provided to ensure a smooth recovery and optimal results.

EXPECTED SIDE EFFECTS & RISKS

While EndoDefine is generally safe, like any aesthetic procedure, there are potential risks and side effects.

Common Side Effects (Usually Resolve Within Days to Weeks):

- ◆ Mild swelling and bruising at the treatment site.
- ◆ Temporary tenderness, soreness, or discomfort.
- ◆ A sensation of heat or tightness, which settles as the tissue heals.
- ◆ Minor redness in the treated area.

Less Common Risks:

- ◆ Prolonged swelling or bruising - Typically resolves within 1-2 weeks.
- ◆ Mild numbness or sensitivity changes - Usually temporary.
- ◆ Small lumps or irregularities under the skin - Generally resolve with massage and healing.
- ◆ Skin irregularities or uneven results - Can occur if post-procedure care is not followed correctly.

Rare Risks (Very Uncommon but Require Medical Attention):

- Burns or overheating of the skin - Rare, but possible if energy levels are too high.
- Infection at the treatment site - Preventable with proper hygiene and aftercare.
- Temporary nerve irritation - Can cause a tingling sensation, but usually resolves within a few weeks.

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AFTERCARE INSTRUCTIONS

Following your EndoDefine procedure, it is important to follow these aftercare guidelines for the best possible outcome:

Do's:

- ✔ Apply cold compresses for the first 24 hours to reduce swelling.
- ✔ Sleep on your back with your head elevated for at least a week.
- ✔ Take mild pain relief if needed (e.g., paracetamol – avoid ibuprofen/aspirin unless prescribed).
- ✔ Follow a gentle skincare routine – Avoid harsh exfoliants or active ingredients for at least 1 week.
- ✔ Stay hydrated to support collagen production and healing.

Don'ts:

- ✘ Avoid touching or rubbing your face for at least 1 week.
- ✘ Refrain from strenuous exercise, saunas, and steam rooms for 2 weeks.
- ✘ Avoid direct sun exposure and always apply SPF 50+ to protect the treated skin.

If you experience unusual pain, excessive swelling, or any signs of infection, contact our 24-hour callout line immediately:

☎ (0151) 203 0020

ALTERNATIVE TREATMENT OPTIONS

EndoDefine is one of several treatments available for facial skin tightening and rejuvenation. Alternative treatments include:

- ✔ Spring Thread Lift – A biocompatible silicone thread lift for lifting sagging skin and stimulating collagen.
- ✔ SofWave – A non-invasive ultrasound-based treatment that stimulates collagen production and tightens the skin.

Dr. Qureshi or Dr. Ahmadi will discuss these options with you if you are unsure whether EndoDefine is the best approach for your goals.

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FREQUENTLY ASKED QUESTIONS (FAQS)

Q: When will I see the results?

A: Some immediate tightening is noticeable, but full results develop over 3-6 months as collagen rebuilds.

Q: How long do results last?

A: Results typically last up to 5 years, depending on age, skin condition, and lifestyle factors.

Q: Will I need additional treatments?

A: Many patients achieve their desired result with one treatment, but some opt for a second session for further refinement.

CONSENT & FURTHER INFORMATION

Prior to your procedure, you will be asked to sign a consent form confirming that you:

- ✓ Have read and understood this information.
- ✓ Have had all your questions answered.
- ✓ Are aware of the risks and expected outcomes.

For further information or to schedule a consultation, please contact Cosmetic Surgery at the Royal Liver Building.

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