



THE PAROME' CLINIC

"DERMAROLLER TREATMENT CARD"

Dr Farah Afgan Chouhdry

INDICATIONS

Increase collagen production, Skin tightening /lifting Rejuvenation, minimize Pore size, soften wrinkles, treat acne scarring, stretch marks, Striae, wound healing, treat pigmentation, complexion & sun-damaged skin

PROCEDURE TIME

1 hr (Rolling in Hyaluronic acid aids hydration good results)

ANAESTHETIC

Topical (LMX or Emla) 30 mins. Disinfect before procedure with antiseptic

SENSITIVITY PERIOD

48hrs

BACK TO WORK

48 hrs (Full Recovery 2-3 days)

DURATION OF RESULTS

Start showing in 2 weeks and stays for until 3-12months.

PRE-CARE

Medical review by Dr Farah Chouhdry to assess suitability for the procedure/ Med history/medications/ Allergies.
Contraindications: no facial rx/retinoids/Obagi/peels in last 2 months. ideally wait 6-8 weeks. h/o untreated herpes, anticoagulants, (warfarin. Aspirin. Omega3,) active antibiotics, UV sensitivity meds like tetracycline/ doxycycline, active Acne, herpes, solar keratosis, infection, skin cancer, psoriasis, eczema, keloid scar, immunosuppressive disease, chem/ radiotherapy, steroid treatment, uncontrolled DM. taking oral retinoids (wait 6 months). Lactating or Pregnant

AFTERCARE

Avoid Alcohol, gym, sauna, make-up, massage, sun exposure for 24 hrs.
Avoid any other facial treatment for 2 weeks. Avoid exfoliation 1 week. Use simple cleanser 24 hrs later with no lactic acid or use tepid water only. Can use arnica gel and heliocard 24 hrs after

RISKS & COMPLICATIONS

Bruising, Swelling, Redness, Allergic reaction, Infection

FOLLOW UP

2 Weeks

MAINTENANCE FOLLOW-UP

Needs Minimum 3 treatments with ideally 6 week (4-8w) intervals
Annual or biannual (6m-12months)

SPECIAL INSTRUCTIONS

Dermaroller can be done after following procedures (at following intervals only)
Botox : after 2 weeks, Dermal (HA/ hydrate/vital: after 2 weeks
Dermal: Sculptra/ Radiesse: : after 6 weeks, Peels and exfoliation: superficial peel and microdermabrasion 1 week, Medium/deep peel: 6 weeks, Laser light and radiofrequency, IPL and laser hair removal 2 weeks.
Resurfacing/ablative/radiofrequency 6 weeks Rx: Vitamin-A (Tretinoin) pre-geunine dermaroller. Wait until skin acclimatized, no or minimal erythema (Approx 8 weeks+) stop 3 days before. High ultra violet protection. Rx: Vitamin-A (Tretinoin) post-geunine dermaroller, restart once post dermaroller erythema has completely gone. High ultra violet protection



THE PAROME' CLINIC

“DERMAPEN TREATMENT CARD”

Dr Farah Afgan Chouhdry

INDICATIONS

Increase collagen production, Skin tightening /lifting Rejuvenation, minimize Pore size, soften wrinkles, treat acne scarring, Striae, stretch marks, wound healing, treat hyper-pigmentation/ hypo-pigmentation, improve complexion, sun-damaged skin, ageing/Rhytids, Rosacea, alopecia, Hair regeneration

PROCEDURE TIME

1 hr

ANAESTHETIC

Topical (LMX or Emla) 30 mins (Pt preference)

SENSITIVITY PERIOD

1-2 hrs occ 24 hrs

BACK TO WORK

48 hrs (Full Recovery: 48hrs)

DURATION OF RESULTS

3-12months.

PRE-CARE

Medical review by Dr Farah Chouhdry to assess suitability for the procedure/ Medical history/medications/ Allergies.(CI: no facial rx/retinoids/obagi/peels in last 2 months) ideally wait 6-8 weeks.Applying potent vitamin formulas such as A and C before and after treatment greatly enhances the results. Additional nutritional collagen support can be gained by taking supplements containing skin nutrients such as those found in the Advanced Nutrition Programme™ from the International Institute of Anti-ageing. Makeup should be removed. Anaesthetic cream is used to numb the skin for at least 30 minutes to make the procedure comfortable. During the treatment, potent vitamin serums are massaged into the skin and penetrate down into the dermis where they are able to feed the skin at a deeper, therapeutic level. A cool recovery mask is then applied on completion to soothe and relax.

AFTERCARE

Avoid Alcohol, gym, sauna, make-up, massage, sun exposure for 24 hrs
Avoid any other facial treatment for 2 weeks. Avoid exfoliation 1 week.
Use simple cleanser 24 hrs later with no lactic acid or use tepid water only.
> Can use arnica gel and heliocare (Recovery serum and sunscreen) Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to perfect balance. Or use dermapen moisturizers It is recommended that makeup is not applied for 12 hours after the session,but we are able to supply you with specialized mineral makeup that is suitable for use during this period. Do not apply any makeup with a makeup brush. After 2-3 days patients can return to regular skin care products or as soon as it is comfortable to do so. Vitamin A products are optimal and suggested.. Avoid alcohol based toners for 10-14 days.. Avoid direct sun exposure for at least 10 days if possible. Do not apply chemical sunscreen the same day as the Dermapen treatment. Only Use Dermapen downtime approved physical defense sunscreen Dermapen approved, post-session topical and skin care regimen after the session to help soothe, calm and protect the skin for 3 days

RISKS & COMPLICATIONS

Bruising, Swelling, Redness, Allergic reaction, Infection, granuloma

FOLLOW UP

2 Weeks (6 weeks before regeneration visible)

MAINTENANCE FOLLOW-UP

Needs minimum 3 treatments with 6 week intervals
Then Annual or biannual(6-12 months)

SPECIAL INSTRUCTIONS



THE PAROME' CLINIC

“DERMAPLANING TREATMENT CARD”

Dr Farah Afgan Chouhdry

INDICATIONS

Exfoliation to get rid of Peach Fuzz,
Treat rough dry skin, acne scarring, stretch marks, fine lines and wrinkles,
wound healing, treat pigmentation, improve complexion, sun-damaged skin.
Gives Glowing appearance.
Mainly used as exfoliant during pregnancy and Breast feeding to avoid
risks of harsh chemicals.
Used as pre-priming skin before chemical peels and laser procedures, and in combina-
tion with microdermabrasion

PROCEDURE TIME

30 - 60 mins

ANAESTHETIC

Topical (LMX or Emla)

SENSITIVITY PERIOD

1-2 hrs to 24 hrs

BACK TO WORK

24 hrs (Full recovery 48 hrs)

DURATION OF RESULTS

3-4 weeks

PRE-CARE

Medical review by Dr Farah Chouhdry to assess suitability for the procedure/Medical history/medications/ Allergies

AFTERCARE

Avoid Alcohol, gym, sauna, make-up, massage, sun exposure for 24 hrs.
Avoid any other facial treatment for 2 weeks. Avoid excessive facial movements. Avoid NSAIDS, only use PCM.

RISKS & COMPLICATIONS

Bruising, Swelling, Redness, abrasions, superficial cuts

FOLLOW UP

2 Weeks

MAINTENANCE FOLLOW-UP

Minimum every 1 month or as needed

SPECIAL INSTRUCTIONS

Best results:
combination treatment with Dermaplaning,
Microdermabrasion and Enzyme/Peel therapy



THE PAROME' CLINIC

"MICROSCLEROTHERAPY TREATMENT CARD"

Dr Farah Afgan Chouhdry

INDICATIONS

Leg Veins, Spider Veins, Thread veins

PROCEDURE TIME

30 mins -1 hr (depends on Procedure)

ANAESTHETIC

None (occasional/ procedure dependent/ pt preference)

SENSITIVITY PERIOD

1 -2 hr

BACK TO WORK

24-48 hrs

DURATION OF RESULTS

Veins will immediately disappear post treatment. But mild redness will be seen after which will take 24-48 hrs before it vanishes.

PRE-CARE

Medical review by Dr Farah Chouhdry to assess suitability for the procedure/ Medical history/medications/ Allergies

AFTERCARE

Avoid Alcohol, gym, sauna, make-up, massage, sun exposure for 24 hrs
adv compression stockings for 3 days post treatment,
but can carry on with normal daily activities straight away.

RISKS & COMPLICATIONS

Bruising,(may last 2 weeks and veins may become worse before getting better) Swelling, Redness, Allergic reaction.

FOLLOW UP

2 Weeks

MAINTENANCE FOLLOW-UP

As needed if they recur.

SPECIAL INSTRUCTIONS



THE PAROME' CLINIC

“PRP/VAMPIRE FACIAL TREATMENT CARD”

Dr Farah Afgan Chouhdry

INDICATIONS

Increase collagen production, Skin tightening /lifting Rejuvenation, minimize Pore size, soften wrinkles, treat acne scarring, stretch marks, wound healing, treat pigmentation, improve complexion, sun-damaged skin

PROCEDURE TIME

1 hr

ANAESTHETIC

Topical (LMX or Emla) 30 mins

SENSITIVITY PERIOD

48hrs

BACK TO WORK

48 hrs (Full Recovery 2-3 days)

DURATION OF RESULTS

Start showing in 2 weeks and stays for uptill 3-12months.

PRE-CARE

Medical review by Dr Farah Chouhdry to assess suitability for the procedure/ Medical history/medications/ Allergies.
Contraindications: Pregnant, Lactating, autoimmune diseases, anticoagulation management, previous cancer patients or those with implantation in the damaged area.

AFTERCARE

Avoid Alcohol, gym, sauna, make-up, massage, sun exposure for 24 hrs .
Avoid any other facial treatment for 2 weeks. Avoid exfoliation 1 week. Use simple cleanser 24 hrs later with no lactic acid or use tepid water only. Can use hyaluronic acid and heliocare (recovery serum and sunscreen)
Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to perfect balance.– It is recommended that makeup is not applied for 12 hours after the session, although your practitioner may be able to supply you with specialized mineral makeup that they feel would be suitable for use during this period. Do not apply any makeup with a makeup brush, especially if it is not clean.

RISKS & COMPLICATIONS

Bruising, Swelling, Redness, Allergic reaction, Infection

FOLLOW UP

2 Weeks

MAINTENANCE FOLLOW-UP

After a typical 4-6-week treatment interval, the very first thing patients' see is enhanced skin elasticity and turgor. The results (collagen production) can take up to 3 months to manifest and the outcome varies from case to case...
needs 3 treatments 1st year atleast
Then annually or biannually

SPECIAL INSTRUCTIONS

Since the implanted products come from the patient, chances of infections and chemical allergies are very little but factors like diseases, stress or smoking may affect the outcome



THE PAROME' CLINIC

"CHEMICAL PEELS TREATMENT CARD"

Dr Farah Afgan Chouhdry

INDICATIONS

Increase collagen production, Skin tightening /lifting Rejuvenation, minimize Pore size, soften wrinkles, treat acne scarring, stretch marks, wound healing, treat pigmentation, improve complexion, sun-damaged skin

PROCEDURE TIME 1 -2 hr

ANAESTHETIC none

SENSITIVITY PERIOD 24-48hrs

BACK TO WORK 48 hrs (Full Recovery 2-3 days)

DURATION OF RESULTS Start showing in 2 weeks and stays for until 4-6 weeks

PRE-CARE Medical review by Dr Farah Chouhdry to assess suitability for the procedure/ Medical history/medications/ Allergies.(CI: no facial rx/retinoids/obagi/peels in last 2 months) if take oral retinoids wait for 6 months , if topical retinoids wait 2-4 weeks . ideally wait 6 weeks

AFTERCARE Avoid Alcohol, gym, sauna, make-up, massage, sun exposure for 24 hrs .
Avoid any other facial treatment for 2 weeks.
Avoid exfoliation 1 week. Use simple cleanser 24 hrs later with no lactic acid or use tepid water only.
Use recovery serum and / moisturizers, sun screens SPF 35-50, lots of fluids for hydration
Skin might get red but will settle in 1-2 hrs.
Skin should not be washed until next morning following treatment
Avoid jewellery or metals contact on treated areas.
Non-peeling medical chemical peels don't make your skin peel. but it might look slightly rough and can occasionally peel too.

RISKS & COMPLICATIONS Bruising, Swelling, Redness, Allergic reaction, Infection

FOLLOW UP 2 Weeks

MAINTENANCE FOLLOW-UP Needs Minimum 3 treatments with 4week intervals.
Ideally 6 treatments with 4 weeks gap
Annual or biannual (6m-12months)

SPECIAL INSTRUCTIONS Since the implanted products come from the patient, chances of infections and chemical allergies are very little but factors like diseases, stress or smoking may affect the outcome



THE PAROME' CLINIC

“MICRODERMABRASION TREATMENT CARD”

Dr Farah Afgan Chouhdry

INDICATIONS

Skin tightening /lifting Rejuvenation, minimize Pore size, soften wrinkles, treat acne scarring, stretch marks, wound healing, treat pigmentation, improve complexion, sun-damaged skin

PROCEDURE TIME

45 mins to 1 hr

ANAESTHETIC

none

SENSITIVITY PERIOD

48hrs

BACK TO WORK

48 hrs (Full Recovery 2-3 days)

DURATION OF RESULTS

Start showing in 2 weeks and stays for until 6 weeks.

PRE-CARE

Medical review by Dr Farah Chouhdry to assess suitability for the procedure/ Medical history/medications/ Allergies.

AFTERCARE

Avoid Alcohol, gym, sauna, make-up, massage, sun exposure for 24 hrs.
Avoid any other facial treatment for 2 weeks. Avoid exfoliation 1 week. Use simple cleanser 24 hrs later with no lactic acid or use tepid water only. Can use arnica gel and heliocare (recovery serum and sunscreen)

RISKS & COMPLICATIONS

Bruising, Swelling, Redness, Allergic reaction, Infection

FOLLOW UP

2 Weeks

MAINTENANCE FOLLOW-UP

Needs Minimum 3 treatments with 4week intervals. Ideally 6 treatments with 4 weeks gap
Annual or biannual (6m-12months)

SPECIAL INSTRUCTIONS

Use moisturizers and sunscreen, fluids to keep hydrated