



# THE PAROME' CLINIC

## “IV Nutrition Therapy TREATMENT CARD” Dr Farah Afgan Chouhdry

### INDICATIONS

Increased energy, Reduced symptoms of stress, Improved hydration  
Regulation of the immune system, Fat burning, improving the symptoms of chronic illnesses and treating autoimmune disease flare-ups, Improved skin quality, Reduction in headaches, Improved symptoms of depression  
Improved symptoms of asthma, Shortened recovery time for athletes, optimal performance, improved endurance, Relieves allergies, colds and flus

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**PROCEDURE TIME** 30 min – 1 hr

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**ANAESTHETIC** none

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**SENSITIVITY PERIOD** none

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**BACK TO WORK** Same day/ next day (patient choice dependent)

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**DURATION OF RESULTS** 2-7 days

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

- Comprehensive assessment of your requirements and concerns
- Thorough medical assessment
- Bespoke treatment plan including detailed explanation on how we will achieve your goal
- Dedicated time in which we will answer any questions you may have honestly and clearly

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**AFTERCARE** See Dr Chouhdry if any concerns as explained post treatment

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**RISKS & COMPLICATIONS** Bruising, Swelling, Redness, at site of injection. Allergic reaction, Infection

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**FOLLOW UP** 2 weeks

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**MAINTENANCE FOLLOW-UP** We recommend that IVNT should be promoted as a package of six treatments: the first few treatments done weekly and then fortnightly to achieve maximum results. Maintenance treatments are normally 8-12 weeks but typically the patient will know or feel when they need a top-up treatment. One-off treatments are not advisable because in some cases it may take two-to-three treatments to reverse deficiencies.

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**SPECIAL INSTRUCTIONS** Use moisturizers and sunscreen, fluids to keep hydrated



# THE PAROME' CLINIC

## "CRYOTHERAPY/CRYOPEN TREATMENT CARD"

Dr Farah Afgan Chouhdry

### INDICATIONS

Treat Skin lesions 1mm to 10 mm in size  
Sun spots (actinic solar keratosis), Milia, Freckles, lentigines & age spots (ephelides)  
Moles (nevi), Warts (including generalised, flat, filiform, genital, Plantar's & mosaic)  
Cherry angiomas (Campbell de Morgan spot, senile angioma), Skin tags & unwanted skin lesions

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**PROCEDURE TIME** Lesion dependent (2mm lesion in 10 seconds)

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**ANAESTHETIC** none

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**SENSITIVITY PERIOD** 1 hr 48hrs

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**BACK TO WORK** 24 hrs

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**DURATION OF RESULTS** 1-6 weeks complete healing

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

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**AFTERCARE** Hygiene. And seek medical attention if any ss infection /pain/ any concerns  
Residual stinging expected. Blister may develop, discharge, infection wound scab may develop, don't cover area.

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**RISKS & COMPLICATIONS** Bruising, Swelling, Redness, Allergic reaction, Infection, hyper or hypopigmentation(gets better spontaneously few months, can stay indefinitely) tingling, numbness, hypersensitivity due to freezing small nerves

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**FOLLOW UP** 2 weeks

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**MAINTENANCE FOLLOW-UP** 2 Weeks

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**SPECIAL INSTRUCTIONS** If any remnant left post treatment