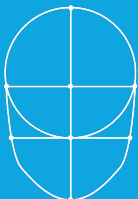


BAYATI  CLINIC

endo lift

THE MOST VERSATILE FACIAL LASER
TREATMENT FOR FACIAL CONTOURING
AND REDUCING SKIN LAXITY



This leaflet tells you about the procedure known as **Endolift®**. It explains how it works, what the cosmetic effects are and the possible risks associated with this treatment.

WHAT IS ENDOLIFT?

Endolift is a minimally-invasive outpatient laser cosmetic procedure, which involves inserting a very thin fibre-optic laser wire under the skin into the superficial tissue of the face. This approach enables laser energy to be applied directly within the skin and fat tissue. The treatment is performed under **local anaesthesia** in an outpatient setting.

HOW DOES ENDOLIFT WORK?

A single-use ultra-thin fibre-optic wire is inserted under the skin into a superficial layer called the hypodermis. This does not require incisions, and the wire is easily passed under the skin due to its heated tip. This wire transmits laser energy, which selectively targets water and fat in treated areas; this creates **skin contraction**, stimulates the activation of biological processes that promote **collagen formation**, and **melts fat tissue** where desired. After the treatment, the wire is removed and discarded.

WHAT ARE THE COSMETIC EFFECTS?

The main cosmetic effects of Endolift are the promotion of **skin tightening** with optional **fat reduction**, if needed. This combination can produce a slimmer, defined and lifted facial appearance. The results *do not* develop immediately, and usually take a period of 8-12 weeks (early to mid-term results) and continue until approximately 6 months (full-term results).

As with all medical treatments, the amount of cosmetic improvement varies between individuals and this will be discussed with you in more detail.

HOW LONG DOES THE TREATMENT TAKE?

A single treatment to the face usually takes approximately 75 minutes. This includes skin preparation/cleaning, local anaesthetic administration and laser treatment.

ADVANTAGES

- ① Usually a single session lasting –3 years
- 🏠 Outpatient treatment
- ✂️ No incisions
- 🏥 Less downtime compared to surgical treatments
- 👨‍⚕️ Safe and established treatment
- 📅 Long-term cosmetic effects
- ✂️ Performed under local anaesthesia with minimal discomfort
- 🔄 Can be combined with other treatments (e.g. CO2 laser, Morpheus8) and injectable treatments (e.g. dermal fillers and Profhilo)

HOW LONG DO THE RESULTS LAST?

Both the cosmetic effects and length of results vary between individuals, and this is influenced by several factors. In patients who have mild-moderate skin laxity and mild fat tissue, the results of Endolift usually last for several years. For those with more significant skin sagging or fat tissue, repeat treatment may be indicated in order to build on the amount of improvement and duration of results.

95.5%

Patient
satisfaction*

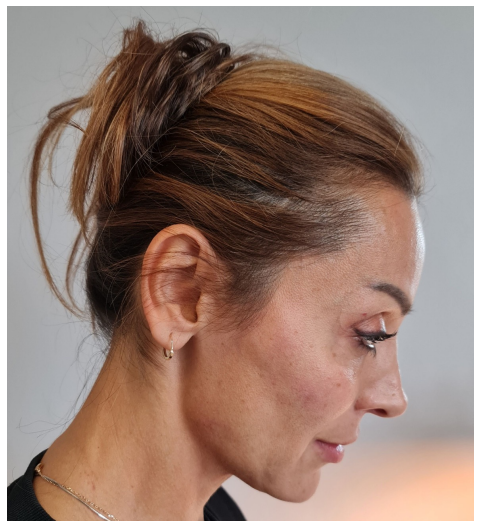
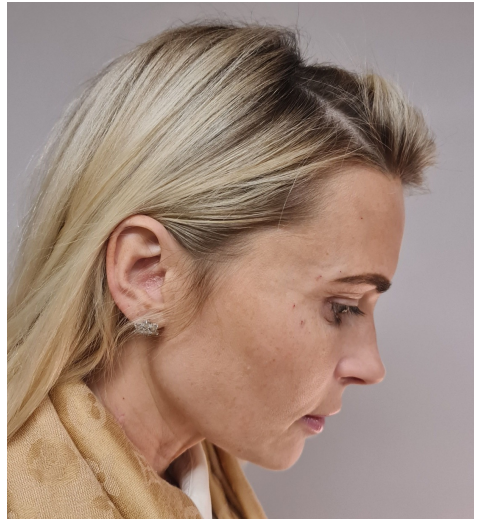
*2023 survey based on 500 patients treated at Bayati Clinic

RESULTS

JAWLINE / UNDER CHIN



MID-LOWER FACE



SCAN TO EXPLORE
OUR FULL ENDOLIFT
RESULTS GALLERY

DOES ENDOLIFT HURT?

The treatment is performed under local anaesthesia using a skin injection. This produces an uncomfortable stinging sensation lasting 15-30 seconds, but is followed by numbness of the skin. The subsequent Endolift laser treatment is generally well-tolerated, producing none to minimal discomfort. The anaesthetic wears off after 1-2 hours.

WHAT PREPARATION DO I NEED?

On the day of treatment, avoid make-up if possible, and remove earrings. Avoid other facial laser treatments for at least 4 weeks prior. Avoid peel-based creams (e.g. retinol) for 1 week prior.

WHAT IS THE RECOVERY PERIOD?

Immediately | skin redness (settles within the first 24 hours)

First 5-7 days | swelling (gradually improves usually within two weeks), bruising (gradually resolves within one week)

First 2-3 months | temporary numbness of treated areas (normal and usually improves by 3 months)

These time periods are representative for an average patient and influenced by individual factors, and you may find that you recover quicker or longer than the time periods stated above. For that reason, it is important to plan your treatment around other major personal events so that you can give yourself a comfortable amount of time for healing.

WHAT ARE THE RISKS?

Endolift is a very safe procedure with a low risk profile. A detailed list of possible risks, side effects and complications is available in your consent form. A rare but important complication is nerve bruising, specifically to the 'marginal mandibular nerve' located in the lower face on either side of the lip angles. In a very small number of cases, this nerve can become irritated from laser heat, causing temporary lip asymmetry on the affected side. Some patients may be given a short course of oral steroid and vitamin B tablets to help speed up recovery. This is a temporary complication that usually reverses between 8-10 weeks. To minimise this risk, treatment close to the mouth angles is avoided.

WHAT HAPPENS AFTERWARDS?

You will be able to eat and drink, and can go home straight away (including driving). You will be given an aftercare pack containing a face band and recovery creams along with full aftercare instructions.

A virtual or face-to-face follow up will be arranged for you at the clinic after 12 weeks to review the results and discuss onward treatment, if appropriate. You will be provided with contact details should you encounter any concerns or require a review earlier than the above date.

CAN ENDOLIFT BE REPEATED IN FUTURE?

Yes. In some patients, repeating the Endolift laser treatment may be desired to further build on their cosmetic results, and this can be scheduled after 6-8 months.

WHEN IS IT SAFE TO FLY AFTER ENDOLIFT?

Flying is deemed safe after facial laser treatment. The change in cabin pressure related to altitude may produce temporary worsening of the swelling in longer flights, but would otherwise not affect the treatment.

