



## Patients Guide

Welcome to Deep Blue Skin Technology

All skin treatments are provided in a professional, private environment, where confidentiality is of paramount importance. There is a waiting area and toilet facility for patients.

Treatments are cosmetic, elective and generally sought to improve an individual's appearance. An advanced range of skin care products are available, at prescription strength, not found on the high street.

### **Compliance and Memberships:**

All treatments are carried out by an Independent Nurse Prescriber, registered with the *NMC (Nursing and Midwifery Council)* working within the *Nursing & Midwifery Council (2015), The Code: Professional Standards of Practice and Behavior for Nurses and Midwives*

Deep Blue Skin Technology is also registered with the government body *CQC (Care Quality Commission)* which regularly inspects the practice.

- **NMC** - *Nursing & Midwifery Council*
- **CQC** - *Care Quality Commission (Premises & Processes) ID 1-112806438*  
Address: City Gate, Gallowgate, Newcastle-Upon-Tyne, NE1 4PA  
Tel 03000616161  
[www.cqc.org.uk](http://www.cqc.org.uk)  
[enquiries@cqc.org.uk](mailto:enquiries@cqc.org.uk)
- **ANP** - *Association of nurse prescribing*
- **BACN** – *British Association of Cosmetic Nursing*
- **BAS** – *British Association of Scelotherapists*



## Consultation

There are free consultations where you will receive professional advice from an experienced aesthetic nurse practitioner and discuss treatment options.

## Skin Analysis (£75) Check-up £20

A personal skin assessment using skin analysis equipment that discovers the needs of your skin.

How is your skin performing?

Is it functioning in tip-top condition or can it be improved?

My in depth knowledge and understanding of the skin will help determine the right choice of the correct skin care products and any treatment plans. Typically you would return for follow up checks to see how your skin improves.

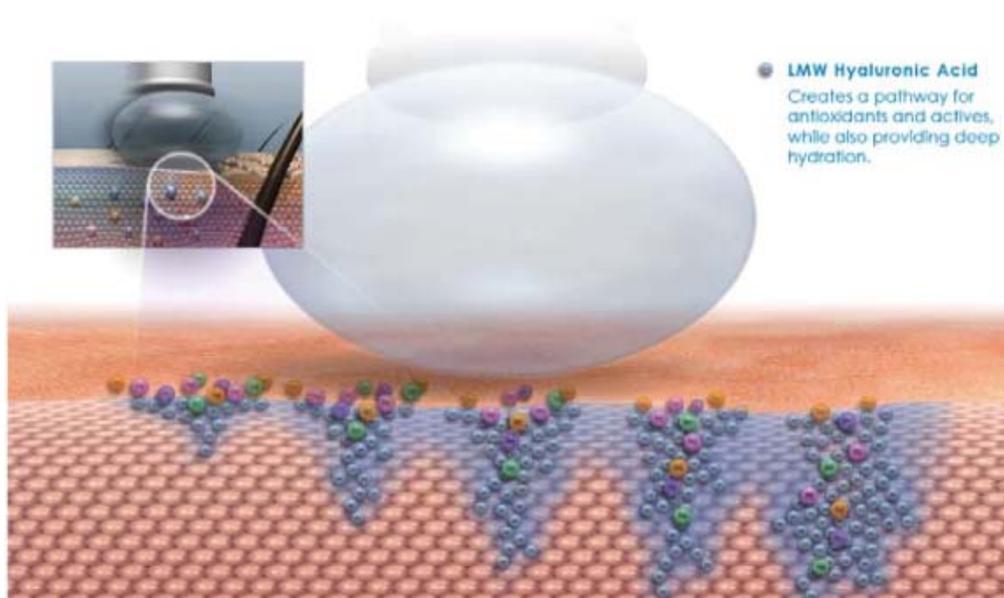


## Intracutaneous Face and Body Treatment (from £125)

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### Bespoke Facials (price from £52)

You don't have to try to decide which type of facial is best for you. I will design an exclusive bespoke facial, depending on what your skin needs, using a specially selected mix of products just for you. Combining my medical knowledge with how the skin functions, you will have an effective treatment. A



course of treatments may be recommended for optimum results.

### **Skin Peels (Superficial £63 Medium £250 Deep from £550)**

Skin peels come in a variety of strengths to work at different depths removing layers of dead skin to help with skin problems such as sun damage, fine lines, enlarged pores, acne, scarring, hyperpigmentation and age spots.

Superficial Peels are for refreshing the skin with minor imperfections. You would expect very little peeling of the skin, but still get a result.

Medium Depth Peels are targeting deeper tissue with more significant issues, expect peeling from 3 to 7 days (includes products)

Deep Peel – a series of 4 weekly peels which have maximum effect – expect peeling! (Includes products)



### **Micro Needling (from £250 home kit £115)**

Micro-needling can be carried out monthly, I use topical anaesthetic first to be able to use the correct depth of treatment - which should only be available from trained medical practitioners. The treatment stimulates skin to regenerate and repair itself naturally and safely, creating smoother, brighter and younger looking skin. It can be used to improve the appearance of:

- Acne scars
- Aged and sun damaged skin
- Stretch marks
- Facial and décolleté lines and wrinkles

There is a home kit that you can use daily which doesn't require anaesthetic



### **PRP Face Rejuvenation (Vampire / Dracula Face Lift) £300**

The PRP Face Rejuvenation is a non-surgical procedure, which rejuvenates, and regenerates tissue, especially loose or sagging skin. PRP involves taking a small sample of your own blood, preparing it which takes only minutes and then injecting it into any part of the face or body you want treating. It is completely natural to your body, so it will be recognized by your own immune system, but will stimulate collagen production and therefore the overall texture.

Many areas on the face and body can be treated including wrinkles on the forehead, sagging brows, drooping cheeks, nasolabial folds (nose to mouth) and marionette folds (corner of mouth to chin), sagging jawline and neck. Also for sagging skin on the arms, legs, abdomen and décolletage areas.



### **Thread Vein Removal (price at consultation)**

Thread veins are very common affecting the face, body and legs. There are two ways in which they may be treated depending on their severity.

Intense Pulsed Light / Laser – using light to treat the vessels

Sclerotherapy - where a very fine needle is used to inject a solution which causes the problematic veins to perish.

A treatment plan for you may involve a mix of the two treatments.



## Line and wrinkle treatments (price from £175)

The world's most popular non-surgical treatment, commonly used in the upper part of the face. Treats and fine lines and deep wrinkles, by relaxing targeted facial muscles; whilst the muscles are relaxed the skin has time to repair the lines and wrinkles caused by continuous movement. Treatments include

- Frown lines                  Bunny / Nose lines                  Flushing
- Forehead lines          Down turned Lips                  Heavy Jaw line
- Crows feet              Neck Creases                          Popply Chin

This is a prescription only medicine and must only be administered following a face-to-face consultation with a practitioner who can lawfully prescribe.



## Fillers (prices from £185)

Dermal fillers are ideal for plumping and lifting sagging skin. They are used to fill and smooth out wrinkles and facial lines. They are very effective at increasing lost volume through age, as well as plumping thin lips and contouring the nose and cheeks. The naturally occurring hyaluronic acid found in the skin depletes over time and replacing it is a natural way to treat areas of concern -

- Nose to Mouth Grooves
- Sagging jawline
- Forehead Lines
- Frown Furrows
- Lipstick Lines
- Acne Scars
- Crows Feet
- Tear Trough



## **Alkaline Wash – de-fuzz the fuss free way! From £35**

If you avoid standing in the sunshine or under bright lights for fear of fuzz showing then the alkaline wash is for you.

It treats fine downy hair on the face, which can be just as much of a nuisance as course hair. Traditional methods of electrolysis, threading, waxing and laser / IPL are often unsuitable for treating vellus hair growth.

Alkaline wash is not uncomfortable or painful – can treat large areas quickly and effectively and leads to hair reduction.

As treatment progresses re-growth becomes finer, slower and sparse.

Gradually the time interval between treatments will increase and most find that just a few maintenance treatments per year are all that are required.



**Electrolysis** – the only true permanent hair removal – suitable for small areas such as top lip or chin

From 15 Minutes at £29

## **Milia and Skin Tag removal**

For those annoying tiny white lumps under the skin that are called Milia – they are thought to be caused by either too little water in the skin, or an imbalance of lipids, such as using too rich a moisturiser in this area. Although most people will just have one or two, some are genetically predisposed to many.

Using anaesthetic cream to numb the area first we treat using either a micro-lance or micro-current to remove them, depending on the size and depth.

Micro-lance from £35 Micro-Current from £40

Skin Tags are a common problem with many areas affected – including neck, under arm, bra line and groin. Usually worse in areas where skin can rub, but can occur anywhere – they are thought to be triggered by a viral infection.

Anaesthetic is used to numb the area first, and then electro-cautery applied at the base of the tag to remove it.

Electro-Cautery from £85

## **About your Practitioner**

Deep Blue Skin Technology is led by aesthetic nurse practitioner Gill Thornton. Gill trained as a Registered General Nurse over 30 years ago, with experience including specialist Intensive Care practice to a Theatre Sister specialising in Plastic Surgery. Her passion to help improve skin function led her to become an Independent and Supplementary Nurse Prescriber, being able to prescribe from the British National Formulary, so Gill is able to assess, diagnose and then prescribe the most appropriate treatment or product for visible results.



To maintain registration as an Independent Nurse Prescriber, Gill must regularly re-register with the Nurse and Midwifery Council (NMC). Nurses have a duty of care for their patients whether in the NHS or Private nursing, this means you will be advised and treated based on good clinical evidence, not on any commercial aspect. Should your problem or concern require a treatment not provided at Deep Blue Skin Technology, you will be advised of this and given referral advice.

## **About Deep Blue Skin Technology**

Deep Blue Skin Technology is a private facility providing a range of treatments. These treatments are cosmetic and elective and are generally sought after by individuals wishing to improve their appearance. However, I recognize that, if left untreated, some of these conditions may have profound effects on patients, through loss of self esteem or social stigma, and am always sympathetic to this.

I am dedicated to providing the highest level of care to patients. As such, the clinic is committed to achieving and maintaining full compliance with the requirements of the Care Standards Act 2000 (as amended by the Health and Social Care Act 2003), the Private and Voluntary Health Care (England) Regulations 2001 and the National Minimum Standards.

The CQC regularly inspect Deep Blue Skin Technology to make sure it meets the Essential Standards of Quality and Safety.

“I am the only clinic of this nature in Harrogate to be registered with the CQC. It is really important to my patients that I can demonstrate safe treatments and a safe environment to practice in”

## Accessing Your Records

Under the Data Protection Act 1998 you have a right to access the records that Deep Blue Skin Technology holds about you and your treatments. Any patient, or a representative with the patient's written consent, may view the records at any reasonable time at the clinic. If you require copies to take away with you, this can be arranged with 24 hours notice and payment of a £10 administration fee

## Questions and Comments

If you have any questions or comments on any information in this guide, please just ask Gill. The information in this guide is reviewed at least once a year. The review details are recorded in a policy review register and are monitored by the clinic manager.

## Complaints Policy

I hope that you will be delighted by your experience at Deep Blue Skin Technology. However, if you are unhappy about any aspect of your care, I have a formal complaints policy which details the stages of the process and the timescale I aim to achieve in dealing with any complaint.

A copy of the complaints procedure is available at your request.

Deep Blue Skin Technology take any complaint very seriously and will fully support any patient who wishes to make a complaint to ensure that the matter is properly resolved. If you remain unhappy about the way the complaint has been handled, you can send your complaint to the Care Quality Commission at the address on the first page of this guide.

## Contact

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