

TWIQK INSIGHTS

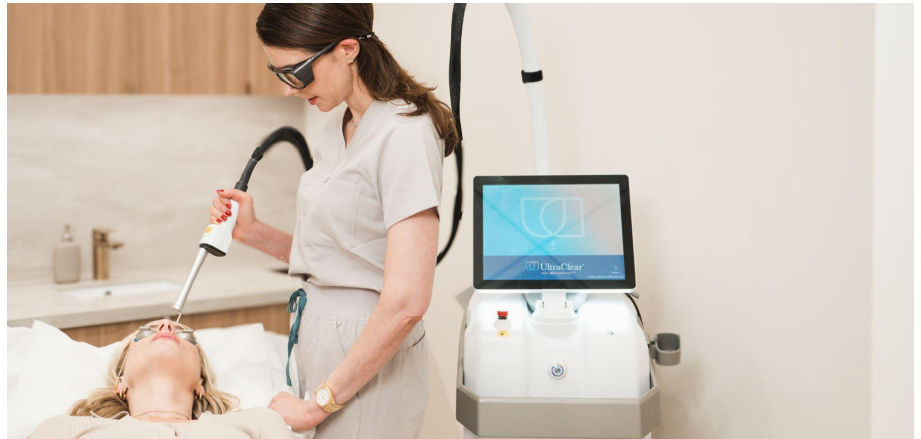
Maximum Results, Minimum Downtime

For many patients, the question is no longer simply, Will it work? Increasingly, they also want to know how quickly they can return to work, exercise and everyday life.

By Anna Dobbie, Editor

As demand for minimally disruptive treatments grows, recovery time has become an increasingly important factor alongside clinical outcomes. While appropriate patient selection, informed consent and realistic expectations are fundamental to any aesthetic procedure, advances in laser technology are giving practitioners more flexibility to deliver meaningful results with shorter recovery periods.

Although some of these laser platforms are relatively new to the UK aesthetics market, they are not new to clinical practice globally. UltraClear, for example, has been used by hundreds of surgeons in the United States over the past four years, providing valuable real-world clinical experience that has helped inform treatment protocols, patient selection and, importantly, confidence in the technology's safety profile as adoption expands internationally.



A patient undergoing UltraClear laser treatment.

“They want treatments that fit around their lives rather than treatments that force them to put life on hold.”

DR DEV PATEL / PERFECT SKIN SOLUTIONS

Why downtime matters

Modern lifestyles have changed expectations around aesthetic treatments. Patients are increasingly seeking procedures that fit around work, family and social commitments, rather than those that require extended time away from their daily routines.

“Quite simply, people are busy,” says Dr Dev Patel from Perfect Skin Solutions. “Many patients can’t afford to disappear from work or social commitments for one or two weeks while they recover. They want treatments that fit around their lives rather than treatments that force them to put life on hold.”

This changing mindset is reflected across clinics. Practitioners report that lengthy recovery periods, once accepted as part of laser resurfacing, are becoming less appealing as patients seek treatments that retain efficacy and convenience.

Dr Hannah Chapman, medical director at Kindred Skin, says advances in laser technology have made treatment more accessible for patients with tight schedules. “Previously, lasers were not an option for me as a busy businesswoman and a mum. I couldn’t give myself two weeks to recover; it was impossible. But now, UltraClear makes it completely possible.”

Treatments that fit around modern lifestyles?

Rather than pursuing aggressive procedures with prolonged recovery, many patients are choosing treatments that deliver gradual improvements while allowing them to return quickly to everyday activities.

Treatments including IPL, LED phototherapy, collagen-stimulating injectables, targeted laser procedures, and newer skin rejuvenation technologies continue to grow in popularity because they often improve skin quality without major downtime.

Among these newer technologies, clinicians point to 3DMIRACL as an option that fits into busy schedules. Treatment sessions generally take around 15 to 30 minutes, with practitioners reporting that most patients tolerate the procedure well and require little interruption to their normal routine.

“You don’t need any numbing,” says Dr Chapman. “The treatment itself takes about 15 minutes to do a full face and neck.”

Healthy, natural-looking skin remains the goal

Patient priorities have also changed. Rather than requesting a specific device or procedure, practitioners say more patients are seeking healthier, fresher-looking skin and subtle rejuvenation.

“The biggest shift I’ve seen is that patients want to look refreshed rather than treated,” says Dr Patel. “Today, they are more likely to ask how they can look healthier, look less tired, or simply look like a better version of themselves.”

According to clinicians, improvements in skin quality are often as important to patients as addressing individual concerns, with smoother texture, more even tone, as well as healthier-looking skin becoming key treatment goals.

PRECISION, RECOVERY & PATIENT SAFETY

How technology is reducing recovery time

Recent advances in laser engineering have focused on improving precision while minimising thermal injury to surrounding tissue. While innovation in aesthetics can sometimes be met with understandable caution, clinicians note that many newer technologies arrive in the UK after several years of use in other markets. UltraClear, for example, has already been adopted by hundreds of surgeons across the United States, where growing clinical experience has helped shape best practice and build confidence in both patient outcomes and safety. By delivering energy more accurately, newer laser platforms seek to stimulate collagen production and improve pigmentation and skin quality with shorter recovery periods than previous generations of technology.

Dr Paul Elgey explains that UltraClear's design produces substantially less surrounding heat damage than traditional CO₂ lasers, helping accelerate the skin's natural healing process.

Dr Sabika Karim says this increased precision translates into a noticeably shorter recovery for many patients. "It's taken downtime from two weeks of looking awful to a downtime of five days, with three days of looking not so great. On the fourth day, you can put a bit of makeup on, and by day five or six, you are absolutely right as rain and back to normal."



Clinical before and post-treatment image. Courtesy of Brian Zelickson, MD.

"It's taken downtime from two weeks of looking awful to a downtime of five days."

DR SABIKA KARIM / SKIN MEDICAL

Choosing the right treatment

Despite advances in technology, clinicians stress that successful outcomes begin with a thorough consultation rather than with selecting a particular device.

"Don't chase the treatment with the biggest marketing campaign," advises Dr Patel. "Start with a proper consultation and focus on a plan rather than a single procedure."

Practitioners also emphasise that laser treatment is not an all-or-nothing approach. Treatment intensity can often be adapted to individual concerns, allowing clinicians to balance desired results with an appropriate recovery period.

Patient safety comes first

Although reduced downtime is an attractive benefit for many patients, convenience should never outweigh clinical judgement. Every patient's skin, medical history and cosmetic objectives are different, and treatment decisions should always be based on careful assessment, appropriate counselling and thorough aftercare.

As laser technology continues to develop, practitioners are increasingly able to offer treatments that combine effective skin renewal with recovery times that better reflect the demands of contemporary life, without losing sight of the importance of safety, suitability and realistic expectations. While technologies such as UltraClear are relatively new to UK clinical practice, they benefit from around four years of clinical use in the United States, where hundreds of surgeons have gained practical experience with the platform. This growing real-world experience provides additional reassurance alongside the expanding evidence base, helping clinicians adopt new technologies with confidence while continuing to prioritise patient safety.

ABOUT TWIQK

Twiqk helps people navigate aesthetic medicine through treatment information, practitioner discovery and informed decision-making.

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