

WHAT IS BIOSTIMULANTS SKIN REJUVENATION?

Biostimulants are injected into the skin to stimulate the natural production of collagen, preventing the breakdown of collagen, elastin and hyaluronic acid. The skin's texture is firmed, and it becomes smoother, firmer and more radiant. The result is visible within a few weeks and improves for several months after the procedure, as the collagen builds up gradually.

WHICH PRODUCTS DO WE USE?

The biostimulants include various substances, such as **poly-L-lactic acid** – PLLA (Sculptra), **polycaprolactone** – PCL (Ellanse), **calcium hydroxyapatite** – CaHa (Radiesse, HarmonyCa – the latter contains calcium hydroxyapatite and hyaluronic acid), **poly-DL-lactic acid** (AestheFill).

HOW IS THE TREATMENT PERFORMED?

First, an anaesthetic cream is applied, then a biostimulant is injected into the skin with a very fine needle and a regenerating cream is applied.

HOW MANY REPETITIONS ARE NECESSARY?

The number of repetitions depends on the problem and the product used. For some, one treatment every one to three years is sufficient, while for others it is injected several times in a row at intervals of a few weeks or months.

THE SUCCESS OF THE PROCEDURE

Biostimulants improve facial volume, skin texture and reduce fine lines. The improvement process due to collagen production is gradual up to 3 months after injection. The first results are visible about four to six weeks after injection.

The effect can vary depending on skin type and lifestyle and habits; it usually lasts up to 25 months.

CONTRAINDICATIONS OR FOR WHOM IS THE PROCEDURE NOT SUITABLE?

The procedure should not be performed on pregnant women, breastfeeding mothers, children and persons with untreated epilepsy, known allergy to the ingredient of the product, chronic or acute inflammation of the skin at the injection site, serious organic and systemic diseases, including autoimmune diseases, persons prone to hypertrophic scarring, bleeding disorders, or bleeding tendencies. Special care is needed for people taking anti-clotting medication, as bleeding or bruising may occur at the site of the procedure. You should warn your doctor in case you are taking anti-clotting medication.

SIDE EFFECTS AND COMPLICATIONS

After the procedure, there may be mild swelling, bleeding, pain or itching that resolves by the next day, sometimes lasting longer. Bruising is possible and resolves within a week.

POST-PROCEDURE INSTRUCTIONS

Swelling, bruising, pain or itching after the procedure are normal; cooling them is recommended to help relieve them. You should not lie or sleep on your stomach for four hours after the procedure, or apply pressure to the treated areas. Make-up and harsh skincare products are not recommended on the day of the procedure.

No chemical peels or skin exfoliants should be used for one week. High-temperature environments such as hot baths and saunas should be avoided for one month; also, the face should not be washed with hot water to maintain the effectiveness of the treatment. Spicy food and alcohol should be avoided. Apply a regenerating cream twice a day for 14 days; strict sun protection with coverings or

SPF50 sunscreen is required.

Any bruising can be covered with powder foundation the day after the procedure.

You can return to work or your daily activities in one to three days.

Prior to the examination, you must also fill out the Informed Consent form together with the doctor as regulated by the Patient Rights Act and the Doctor's Duty to Obtain an Informed Consent. The rules for filling out the form and the statement are presented upon your arrival at our institution.

IF YOU HAVE ANY QUESTIONS REGARDING THIS BROCHURE, PLEASE CONTACT US FOR FURTHER INFORMATION.

We will take care of your health and well-being to the best of our ability. Thank you for your confidence in us.

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