

ROZINA ALI

Prophilo Information Sheet

Overview

Prophilo is made from hyaluronic acid, a naturally occurring sugar chain molecule found in skin and throughout the body, identical across species. Hyaluronic acid attracts and binds water in the skin, providing volume and hydration, 'cushions' and supports collagen and elastin fibres and also provides a medium, or carrier, for the efficient transport of chemical messages between the cells. Prophilo contains a high concentration of hyaluronic acid, of low and high molecular weights, which are exceptionally pure because they do not involve the use of chemical cross-linking agents to bind the chains.

How Does it Work?

Although the majority of dermal fillers are made from hyaluronic acid, Prophilo is not a dermal filler. The molecule chains of both high and low molecular weight non-animal hyaluronic acid are thermally stabilised and fused together to form a gel which spreads and becomes integrated into the skin.

Prophilo is injected into the skin in a specific set of points. Two treatments are required, 4 weeks apart. The first to stimulate, the second to 'boost' and ensure longevity. In some cases and depending on initial skin quality, clients may benefit from a third treatment, typically 8 weeks from your second treatment. After this Prophilo may be used for 2 monthly skin boosters if desired.

What is it Used to Treat?

Prophilo is used to treat skin laxity and improve skin quality. Natural skin hyaluronic acid is depleted from the age of 35yrs onwards, so this is a form of replenishment that may be used almost anywhere, common indications include;

- Face
- Neck
- Décolletage
- Hands
- Arms.

Generally, patients report an overall improvement in skin hydration, brightness and appearance as well as physical attributes of smoothness, firmness and resilience.

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Am I suitable for Treatment?

Rozina will take a detailed medical and skin history to ensure you have no conditions that might increase risk of unwanted side effects, consultation is also important to discuss your expectations and whether or not this treatment is able to meet them.

With any injectable treatment;

- Treatment is not recommended if you are suffering from any skin infection in or near the treatment area or are unwell in any way (even a cold).
- If you are taking any medicines which affect bleeding, such as aspirin or warfarin.
- If you are currently or have recently completed a course of Roacutane (acne treatment) in the last 18 months.
- If you are pregnant or breastfeeding.

Caution

- If you are planning to attend a special event when a bruise, should it occur, would be unacceptable to you.
- If you are planning to attend an important event and any adverse event described would be unacceptable to you, discuss with your clinician in advance of having treatment.
- Some over the counter medicines and supplements can also affect bleeding (make you more prone to bruising) as can alcohol- which should be avoided in the days before and after treatment.
- Vigorous exercise, sun exposure, sun beds, sauna should be avoided for 48 hours, or as advised by your clinician, after treatment.
- If you are at all concerned about symptoms you were not expecting, please contact the practice for advice or a follow-up appointment.

Treatment Preperation

Removal all make up, tie hair back off your face, ie 'fresh faced' in preparation for Facial photographs to be taken.

Alcohol, aspirin, Ibuprofen and a range of dietary supplements including; St. John's Wort, fish oils, Gingko Biloba, Vitamins C and E- may all contribute to bruising and are best avoided 24 hours before treatment. Treatment cannot be administered if there is an active skin infection, including acne or cold sores or if you are unwell- including colds, coughs, sore throats etc. Do please contact the clinic to discuss any illness or new medicines prior to attending.

Do not schedule treatment when you have other facial procedures planned, this includes, but is not limited to; massage, facials, dental appointments and surgery.

Is it Safe?

Treatment with hyaluronic acid is safe and low risk, however no injection procedure is entirely risk free. Rozina will discuss any risks and benefits with you at consultation and prior to treatment.

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Does it Hurt

The injections sting briefly, but patients generally report only a mild discomfort. After the treatment, you may experience mild tenderness for the first 24- 72 hours, but moreoften than not there is no discomfort.

How Long Will it Last?

Longevity does vary between individuals, but maximal results are expected to be attained over a period of 4+ weeks and last for approximately 6 months. If you choose not to maintain the results with further treatment, your skin will return to its pre-treatment state over time.

Aftercare Advice

Most people can continue with normal activities. Some may have mild redness or pin prick marks. Bruising is always a possibility.

The product is injected in small 'deposits', you may be able to see them initially, but they settle usually within hours. It may be possible to feel the product where it has been injected under the skin. It will settle, there is no need to massage.

- Make-up should not be worn for 12 hours
- You are advised to avoid alcohol and vigorous exercise for 48 hours
- Avoid sun bathing, and extremes of heat or cold for 14 days post treatment.
- Any bruising may take a few days to appear, arnica can be helpful in clearing bruising. It is advisable to avoid aspirin and alcohol for 12-48 hours after treatment.
- Tenderness should settle as any swelling or bruising subsides.

Symptoms to report to your practitioner

- Please contact your practitioner if redness, tenderness, itching or swelling worsens after 3 days, rather than settling.
- Blanching, mottled bruising/redness, or pain (beyond tenderness as you would expect with bruising or swelling).
- Symptoms of a severe allergic reaction can include shortness of breath, wheezing, coughing, difficulty swallowing, swelling of the tongue, eyelids, lips, hoarseness of the voice, stomach pain, nausea or diarrhoea. If you have any of the above symptoms please report to your nearest Accident and Emergency Department or call 999 for an ambulance.



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