**PROFHILO®: Hyaluronic Acid (HA) Dermal Filler: Patient Information and Aftercare**

**What is** [**Profhilo®**](https://drpreema.com/treatments/profhilo/)**?**

Hyaluronic acid is a naturally occurring sugar chain molecule found in all skin and soft tissues throughout the body, identical across species.

Profhilo® is not a dermal filler or bio-revitaliser, it is an ultra-pure bio-remodelling product, which is a new category in injectable moisturiser. Profhilo® is BDDE-free and with one of the highest concentrations of HA on the market (64 mg / 2 ml), it is not only for boosting and hydrating the skin, but also remodels the ageing and sagging tissue. While Profhilo® is based on pure hyaluronic acid technology, it is not accurate to call it a filler. Profhilo® is a patented product manufactured by the world’s leading medical producers of hyaluronic acid

[Profhilo®](https://drpreema.com/treatments/profhilo/) can be used as a stand-alone treatment or in conjunction with other medical-grade skincare, dermal fillers and muscle relaxing injection as part of a holistic approach to skin remodelling and revitalization.

**How Does it Work?**

[Profhilo®](https://drpreema.com/treatments/profhilo/) is thermally bonded and not chemically bonded and it acts as a hydrator not a filler. It is injected, using very fine needles in pre-determined points, just underneath the surface of the skin where it disperses quickly and reacts with your own tissue to instantly boost hydration.

Over the next four weeks, it stimulates 4 different types of collagen and elastin, by slow release of HA. This effectively disperses into the skin where it has a 'scaffolding' action on the tissues, hydrates and begins its bio-remodelling process, giving it a plumper, smoother and firmer appearance.

Due to its runny-gel like consistency [Profhilo®](https://drpreema.com/treatments/profhilo/) effortlessly distributes smoothly and evenly without the formation of any lumps – a potential risk with traditional fillers. This means it can be used on areas which are difficult to treat with traditional fillers, such as the neck

Profhilo is currently the only product capable of stimulating your natural production of all four types of collagen and elastin – those vital substances which are lost from the skin as we age.

**Used to Treat**

If you are not happy with your skin laxity, have crêpey or thin skin as well as other visible signs of ageing such as fine lines and wrinkles, you could be suitable for Profhilo®. It rejuvenates tired, dull and ageing skin, increases firmness and elasticity by plumping the skin to reduce fine lines and wrinkles creating natural looking results to

reveal healthier younger looking skin with a smoother texture. The treatment leads to an overall improvement of the skin quality by restoring skin hydration, tone and elasticity

**Profhilo® vs HA Dermal Fillers**

A specialised technique is used for Profhilo®, whereby “5 injection sites on each side of the face, away from major vessels, nerves etc. and in such a way as to maximise the ‘spreadability’ of the product through diffuse regions of the cheek and jawline”. The injection sites are safely away from nerves and major vessels.

Profhilo® is not better than fillers, and vice versa. Each of these treatment options provide different approaches, so there will be one treatment that works best for your skin and your desired outcomes. As outlined above, both treatments have different benefits and target different areas, therefore it is really dependent on your individual desires as to which treatment would be best for you. Generally, if you would like to achieve a more holistic result that can be seen across your face, Profhilo® is the best treatment for you. However, if you would rather make small changes to certain areas of your face such as your cheeks, dermal fillers are more suitable for you.

**Am I Suitable for Treatment?**

We use [Profhilo®](https://drpreema.com/treatments/profhilo/) to create an airbrushed skin effect on patients of all ages. It is especially popular with patients over the age of 30.

Your practitioner will take a detailed medical 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.

**Does it Hurt?**

The product flows and distributes itself evenly, integrating within your skin’s tissue without resistance (rather than remaining where it is placed); this makes it naturally a much more comfortable procedure than dermal fillers. While most dermal fillers contain local anaesthetic such as lidocaine to assist in a pain-free procedure, no such anaesthetic is required for Profhilo® injections.

However, we choose to numb Profhilo® injection sites with high quality topical anaesthetic cream for maximum comfort.

**Before Treatment**

All make up will need to be removed prior to treatment, so please come ‘fresh faced’ if possible.

Alcohol, aspirin, Ibuprofen and a range of dietary supplements including; St. Johns 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 contact the clinic to discuss any illness or new medicines prior to attending.

**How Long will it Last?**

**Profhilo® treatment is very safe and comprises of 2 treatments, 1 month apart.** Rarely, in this initial treatment period, a third treatment is required if lines/skin quality requires it or further improvement is desired. The best result is usually seen a month after the second treatment.

All initial treatment phases should be followed by a maintenance treatment dependant of the level of aging and skin quality after 4 months. This is usually a single treatment every 4 months.

**Be aware of the necessary after care advice and that your schedule allows for you to follow it.**

**After Treatment**

Some people may experience redness, slight bruising, tenderness as well as itching at the injection sites but these were temporary and should resolve within a few hours to a day.

* It is advisable that you do not touch the area for **6 hours**.
* Avoid extreme cold, including ice packs that are directly applied to the skin. If necessary you can apply a cool compress to the area to reduce any discomfort or swelling.
* Please avoid extreme facial expressions, alcohol consumption and do not apply makeup for **12 hours.**
* For **48 hours** you should avoid exposure to UV and extreme heat i.e. sauna, steam, sun beds, very hot showers, strenuous exercise etc, as this may increase discomfort and swelling.
* You should avoid facial massages or skin resurfacing until the area has healed fully.

There is no downtime. There are no long-term side effects. Profhilo is metabolised by the body completely.

No allergy test is required prior to treatment. The risk of allergic reactions is substantially reduced because Profhilo does not contain any synthetic chemicals which some people might react to.

**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 swelling goes down.**

**When to seek urgent review:**

**Allergy or infection** Thankfully they are extremely uncommon. If you get a painful or itchy bump or swelling near an injection site please contact the practice immediately for a review.

**Please contact your practitioner if redness, tenderness, itching or swelling worsens after 3 days, rather than settling.**

**When immediate help could be required:**

**Anaphylaxis** is a severe allergic reaction which in itself is life threatening and requires immediate medical attention. 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.

Should you experience any unexpected side effects or any that concern you, please do not hesitate to contact us.

**Feedback**

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Your feedback and testimonials help others to select/judge our service and enable us to audit our practice and ensure we maintain standards.

We welcome feedback directly to the practice via the website or the Contemporary Aesthetics website with both having links to the Save Face website for feedback. Emails, Facebook, Google and Instagram reviews are also more than welcome.