

## The uRepublic guide to Filler Injections: Type C fillers

### What is it & is it safe?

Type C fillers is an injectable skin filler that can 'plump up' the skin to make it look smoother and fuller. Type C fillers is a synthetically manufactured substance made up of chains of lactic acid. It is manufactured as a fine powder that is reconstituted in sterile water for injections. Type C filler is naturally degraded in the skin to a natural by-product that is safely cleared by the body. Type C filler has been in use in medicine for 20 years and is used to manufacture certain dissolvable stitches.

### How does it work?

When injected into the skin, this filler gradually stimulates natural deposition of collagen to thicken and smoothen the skin. It gets absorbed over time, the volume enhancing effects persists due to an increase in skin collagen triggered by the filler.

### What conditions can benefit from Type C fillers?

- Fine wrinkling
- Loss of skin volume
- Increased skin folds and coarse wrinkles
- Hollow or sunken cheeks through weight loss, illness or disease
- HIV and other disease-related wasting of the face
- Thin skin on back of hands

### What does the procedure involve?

Multiple fine injections into the cheeks and areas of the face that appear hollow or sunken. The procedure can be done without anaesthetic, but a cream anaesthetic applied 15-30 mins beforehand to make the procedure more comfortable. Ice can be used to effectively numb the skin prior to the injections. The treated area is also massaged by the doctor or nurse after the injections.

### What happens after treatment & how long will the results last?

After treatment, it is important for you to massage the treated area 5 times a day for 5 minutes each time, to minimize any uneven product distribution or lumpiness that may occur. There will be initial mild bruising and swelling for 3-4 days. When this settles, the treated area may appear no different than from before treatment. However, over the next several months, there will be gradual thickening of the collagen layer of the skin resulting in better looking skin. In most cases, a minimum of 2 injections 4-6 weeks apart is necessary to produce a noticeable change. Some patients may not notice any changes until after the second injection. It's worth noting that HIV lipodystrophy or disease-related facial wasting may require up to 5 treatment sessions. The skin volume enhancing effects will last for up to 18 months. Maintenance treatment is recommended every 1-2 years.

### What are the unwanted side effects?

Common to other filler injections, you may experience pain, swelling and bruising which will settle without further intervention. There was initial concern about the risk of developing small nodules (lumps), but this has been subsequently shown to be the result of inadequate dilution, poor injection technique and lack of post-treatment massage. Nodules or lumps are uncommon following this treatment but will only require further intervention (corticosteroids injections or tablets) if visible. Very rarely, skin lumps may develop several months to years later. However, in skilled hands, the incidence of side effects is not much greater than any other fillers on the market.

## **Is everyone suitable for Type C fillers?**

### **We do not treat:**

- Pregnant or breast-feeding women
- Children under age 18 without parental consent
- Current significant skin disease / infections such as cold sores at the site of treatment
- History of collagen/ scarring/ connective tissue disorders
- Any emotional, mental or medical condition that may impair judgment
- Past history of significant adverse reactions to filler injections
- Allergy to dissolvable suture material.

## Procedural consent for fillers

Before you undergo filler injections, make sure you have read and fully understand the background information on the procedure. To get the most out of the procedure, you need to understand the nature of the procedure, the associated benefits and risks, as well as the available treatment options.

Photos are routinely taken before treatment as a visual record. These may be used for teaching purposes and may be shown for scientific purposes including publications in medical journals. There will be no identification of the images that will remain the property of uRepublic.

For best results, at least 2 to 3 treatment sessions 6 weeks apart may be necessary. More severe wasting illnesses may require up to 6 treatment sessions. In a minority of patients, these

injections may not work satisfactorily or may not last for the expected period of time. As it is not possible to predict a sub-optimum response, uRepublic is unable to guarantee expected outcomes.

By signing the informed consent, you acknowledge that all the above issues relating to the procedure have been addressed. Additionally, you have been given ample opportunity to ask questions and raise any concerns relating to the procedure.

## Name of patient

Signature

Date

Witness