

What are skin boosters and bio-remodellers?

Skin boosters and bio-remodellers, sometimes called "injectable moisturisers" are used to restore skin lacking in lustre, volume and glow. Different to anti-wrinkle injections and dermal fillers, these are injectable skin treatments which produce a refreshed, plumped yet natural and 'not done' look. They do not change the shape of your face, but are a good treatment option if you'd like to refresh and hydrate your skin, and boost collagen.

As we age, particularly after 30, the amount of collagen, fat and elastin in the skin decreases markedly. The result is a loss of volume, the appearance of fine lines and a general dulling of the skin. Skin boosters and bio-remodellers can combat these signs of skin ageing.

They can be used to treat the face, but it can also be used to rejuvenate the neck, décolletage, hands, arms and even knees. Some can also be used around the eyes, to hydrate, reduce fine lines and improve the appearance of undereye shadows.

How do skin boosters and bio-remodellers work?

Injectable skin boosters and bio-remodellers are made from highly concentrated, highly purified hyaluronic acid (HA). Some contain other skin-boosting ingredients like polynucleotides, amino acids or calcium hydroxyapatite. These products are far less viscous than hyaluronic acid dermal fillers, which means that as when they are injected into the skin, they spread under the surface of the skin, immediately hydrating deep within the skin, due to the hydrophilic (water-loving) properties of the hyaluronic acid.

The product gets broken down after around 28 days, but prior to breaking down, it stimulates significant collagen and elastin synthesis, resulting in plumper, tighter, smoother, more supple skin.

Who are skin boosters and bio-remodellers for?

They are recommended for adults who feel their skin has begun to lose overall elasticity, plumpness and hydration. They can be used on the face, neck, décolletage, hands, arms and knees to refresh and rejuvenate skin. Some can be used in the delicate eye area.

Who are skin boosters and bio-remodellers NOT suitable for?

They are not suitable for those who are wanting to replace lost volume in specific parts of their face, or those who want to alter the shape of their face or features.

Skin boosters and bioremodellers are not suitable if:

- you are allergic to hyaluronic acid
- you have an active skin infection, disease or inflammation in the area to be treated
- you are pregnant or breastfeeding
- you are immunocompromised
- you have a blood disorder If you have a history of cold sores, or fever blisters around the mouth/lip area, injections may result in break outs. In this case, your practitioner may recommend that you take a course of anti-viral medicine before treatment.

How do you prepare for skin booster and bio-remodeller treatments?

As with any injectable treatments, avoid NSAIDS, fish oils and alcohol prior to your treatment. Other than this, you do not need to take any particular steps in preparation for your treatment. You may wish to take any makeup off, however, your practitioner will ensure that your skin is appropriately prepared prior to your treatment.

What happens during a skin booster or bio-remodeller treatment?

- Your practitioner will remove any makeup from your face and use a sterile wipe/solution to prepare the area to be treated.
- Your practitioner may apply topical numbing cream to the treatment area.
- They may mark the injection sites with a white pencil prior to injecting.
- Your practitioner will then begin to inject the product just beneath the skin into numerous different points of your face.



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- These injections will likely sting, but will not be unbearable. You will likely have bumps that resemble bee stings at the injection sites and you may also have pin-pricks of blood.
- As the product is absorbed over the next few hours, the bumps will reduce.
- Once your treatment is complete, you are able to carry on with your day as normal.

4 weeks later, you will return to the clinic for the same treatment. You will see the best results about 4 weeks after this second sitting.

In order to maintain results, it is recommended that you have skin booster treatments every 6 months.

What should you do after a skin booster or bio-remodeller treatment?

Do:

- Keep hydrated
- Avoid sun exposure, alcohol and cigarettes

Don't:

- Use make up for 24-48 hours after treatment
- Massage the 'bumps' or touch the injection sites
- Do strenuous exercise for 24 hours - sweating can enable bacteria to enter the channels created during the treatment
- Take hot showers or baths, or use saunas for 48 hours after your treatment.

What are the side effects and risks of skin boosters and bioremodellers?

Redness, oedema (swelling), pain and itching may follow treatment, as may an acne like eruption. All these reactions are linked to the procedure itself and usually resolve after a few days.

Rarely, lumps, abscesses and indurations - sometimes associated with redness and/or swelling have been reported after treatment in some patients. These side effects usually disappeared quickly, however, in some cases, they have lasted up to two weeks. There are rare cases of discolouration at the injection point, necrosis of the glabellar area, intraocular complications and hypersensitivity after hyaluronic acid injections.

Injectable skin boosters and bioremodellers are not suitable for those with blood disorders or those who are immunocompromised. Additionally, they are not suitable for pregnant or breastfeeding women. Those with active skin infections are also advised to wait until infections have cleared. Patients with a history of herpes simplex (cold sores) should note that there is a small risk that injecting product around previously affected areas may cause the herpes to flare up again. Skin boosters and bioremodellers are not suitable for those with a hyaluronic acid allergy.

What are alternatives to skin booster treatments?

There are many alternatives to skin boosters treatments, depending on your particular aesthetic concerns and reasons for seeking treatment. Alternatives include, but are not limited to, medical grade skincare, chemical peels, microneedling, device-based skin tightening (e.g. HIFU, RF, IPL), laser resurfacing, cosmetic surgery or no treatment.

Your practitioner will be able to discuss alternative treatments with you during your consultation.

