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CONSULTANT PLASTIC SURGEON

PATIENT INFORMATION

Polynucleotides

A regenerative skin booster, mainly for under the eyes

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The Ü Clinic
Sevenoaks & Oxted

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This booklet explains polynucleotide treatment and what to expect.

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01 Why you have this booklet

You've been given this booklet because you have talked to Mr Kumar about polynucleotides, or you're about to.

It explains what polynucleotides are, what is realistic, how a course of treatment works, and the side effects and aftercare.

It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What polynucleotides are

Polynucleotides are highly purified fragments of DNA, usually from salmon or trout. In the UK they are regulated as medical devices rather than medicines.

Injected into the skin in tiny amounts, they act as a regenerative skin booster. Research suggests they support the cells that make collagen and elastin, help the skin hold water and calm low-grade inflammation. Over the following weeks the skin can become thicker, firmer and smoother.

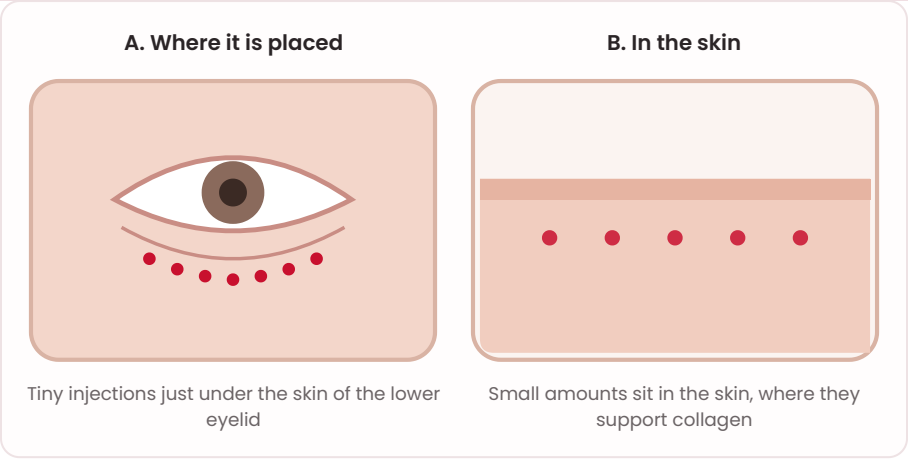


Figure 1. Treatment under the eyes. A simplified drawing for guidance only.

They are used most often under the eyes, where the skin is the thinnest on the face. They can also be used on the face, neck, décolletage and the backs of the hands. Unlike a dermal filler, they don't add volume, so they can't overfill the area or change your features.

03 Is it right for you?

Polynucleotides may suit you if:

- the skin under your eyes is thin, crepey or finely lined
- you have dark circles caused by thin skin showing the vessels underneath
- you would like a gradual, natural-looking change, without added volume
- you are happy to have a course of three sessions, and top-ups to keep the result

What the treatment won't do

- **It won't remove eye bags** caused by fat. Lower eyelid surgery may be better.
- **It won't fill deep hollows.** A filler or fat grafting may suit.
- **It won't remove darkness** caused by pigment, or shadows from bone structure.
- **It won't work instantly or last permanently.** Results vary between people.

Please tell Mr Kumar if you have, or have had

- you are allergic to fish or seafood, as most products are made from fish DNA
- you are pregnant, trying to conceive or breastfeeding
- an infection, cold sore or active skin condition in the area
- an autoimmune condition
- a bleeding disorder, or you take blood thinners, aspirin or supplements such as fish oil
- previous fillers or other treatments under the eyes
- an important event coming up, as you may bruise

04 Other options

You don't have to have treatment. Depending on what bothers you, the alternatives include:

- tear trough filler or fat grafting, where the hollow under the eye is a loss of volume

- lower eyelid surgery, for puffy bags and loose skin
- CO2 laser resurfacing, for crepey texture and fine lines
- Profhilo, for skin quality across the face and neck
- a good skincare routine and daily sun protection
- doing nothing

05 Your course of treatment

A course is usually three sessions, two to three weeks apart. The result builds gradually over the course. After that, a single top-up session every six to nine months can maintain it if you wish.

06 On the day

Your skin is cleaned and numbing cream is applied. Mr Kumar then places a series of tiny injections just under the skin of the lower eyelid, using a very fine needle or a blunt cannula, which takes about 20–30 minutes. Most people find it only mildly uncomfortable. You'll have small raised bumps along the injection points, and most people go straight back to work or their day.

07 Aftercare

- **First 12 hours:** avoid make-up on the area, and don't rub or massage it.
- **First 24 hours:** avoid strenuous exercise, saunas, steam rooms and alcohol.
- **First week:** avoid facial massage and other facial treatments in the area.
- **Bruising and swelling:** a cold compress helps. Sleeping with your head slightly raised the first night can reduce puffiness. Most bruising fades within a week.

08 What you can expect from the result

The bumps usually settle within a day or two. Many people notice the skin feeling more hydrated within two to three weeks of their first session. Firmness and texture improve over the course, and the result is usually at its best about two to three months after your third session.

Results vary from person to person: some people notice a clear change, others a subtler one. They fade gradually, usually over about six to twelve months. The research is encouraging but still growing, which is why Mr Kumar will talk honestly with you about what is realistic.

09 Side effects and risks

Most people recover without any serious problems. But like any treatment it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON	UNCOMMON	RARE	VERY RARE
more than 1 in 100	1 in 100 to 1 in 1,000	1 in 1,000 to 1 in 10,000	fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your treatment. Mr Kumar will talk through what applies to you.

What almost everyone experiences

- Small bumps at the injection points, which usually settle within a day or two.
- Redness and tenderness for a day or two.

Other side effects

- **Bruising** COMMON
  More common under the eyes. Usually fades within a week.
- **Swelling or puffiness** COMMON
  Usually mild, and settles within a few days.
- **Lumps that last longer** UNCOMMON
  Usually settle with time. Unlike hyaluronic acid fillers, polynucleotides can't be dissolved with an injection, but they break down naturally.
- **Infection** UNCOMMON
  Redness, warmth and pain that worsen after a few days. Usually treated with antibiotics.

Rare but serious complications

Please read this section carefully.

- **Allergic reaction** RARE
  Swelling, itching or a rash. Severe reactions are very rare. This is why a fish or seafood allergy rules out treatment.
- **Changes in skin colour** RARE
  Darker or lighter patches, or lasting marks, particularly if the product is placed incorrectly. These can take months to settle.

10 Photographs and records

Photographs are taken before and after your treatment and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

11 Costs

Polynucleotides are a cosmetic treatment, so they aren't covered by health insurance or the NHS. You'll be told the price per session before you decide, and a course is usually three sessions.

12 Your decision

This is your decision and you have the right to:

- take as long as you need to decide, and bring someone with you to appointments
- say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ask for a second opinion from another surgeon.

13 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

14 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on 020 3026 9695 or info@theuclinic.com.

Contact us straight away if you have

- skin that turns pale, white, mottled, blue or dusky, or pain that is getting worse
- any change in your vision, which is an emergency: call 999 or go to A&E

- redness, warmth or swelling that spreads, or a temperature
- swelling of the lips, tongue or throat, or difficulty breathing: call 999

Out of hours, your emergency contact number will be given by the clinic. In an emergency, call 999.

15 What happens next

Before your treatment, Mr Kumar will go through this information with you again and take your written consent. If anything in this booklet has raised a question, or if anything changes with your health or your medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

Notes

Notes

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

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Polynucleotides information leaflet. Version 1.0, November 2026. This booklet is for general information and does not replace a consultation with Mr Kumar.