MR SIVA KUMAR

CONSULTANT PLASTIC SURGEON

PATIENT INFORMATION

Profhilo

An injectable hyaluronic acid skin booster

Mr Siva Kumar Veeramani
Consultant Plastic, Reconstructive and Cosmetic Surgeon
MBBS BMedSci MRCSEd MBA FRCSEd (Plast.) · GMC 6114710

The Ü Clinic
Sevenoaks & Oxted

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This booklet explains Profhilo 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 Profhilo, or you're about to.

It explains what Profhilo is, what is realistic, how 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 Profhilo is

Profhilo is an injectable gel made by IBSA from a high concentration of hyaluronic acid (HA), a substance found naturally in the skin. It is a medical device rather than a medicine.

Unlike a dermal filler, which is placed to add volume and shape, Profhilo is injected in small amounts just beneath the skin and spreads out over the following day or so. The aim is to improve skin hydration, texture and firmness rather than to change your features.

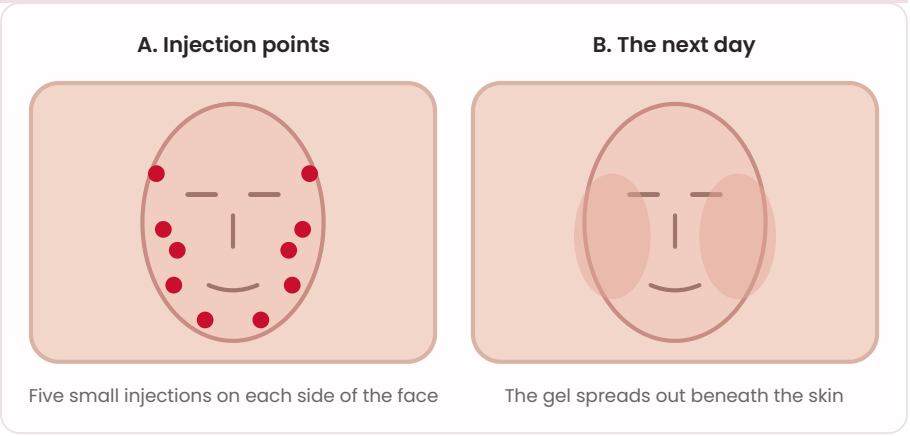


Figure 1. The usual 5-point technique on the face. A simplified drawing for guidance only.

On the face it is usually given at five points on each side, chosen to avoid the main blood vessels and nerves. It can also be used on the neck, the décolletage and the backs of the hands.

03 Is it right for you?

Profhilo may suit you if:

- your skin looks dull, dry or dehydrated
- you have fine, crepey lines or early loss of firmness
- you would like a subtle change, without added volume
- you are happy to have a course and maintenance sessions

What the treatment won't do

- **It won't add volume** or reshape the cheeks, lips or jawline.
- **It won't lift heavy, sagging skin.**
- **It won't last permanently** or stop your skin ageing.
- **Results vary.** Some people notice more change than others.

Please tell Mr Kumar if you have, or have had

- 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
- allergies, especially to hyaluronic acid or local anaesthetic
- previous fillers or other treatments in the area
- 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:

- dermal fillers, where volume has been lost
- polynucleotides, for thin, crepey skin under the eyes
- skin treatments such as Morpheus8 or laser resurfacing
- a good skincare routine and daily sun protection

- doing nothing

05 Your course of treatment

A course is usually two sessions, four weeks apart. Older or more sun-damaged skin sometimes benefits from a third. After that, a maintenance session is usually suggested about every six months if you would like to keep the effect.

06 On the day

Your skin is cleaned and the injection points marked. Profhilo is injected with a fine needle, which takes about 15–20 minutes. Most people find it only mildly uncomfortable, and numbing cream can be used if you prefer. You'll have small raised bumps at each injection point, and most people go straight back to work or their day.

07 Aftercare

- **First 12 hours:** avoid make-up, and don't touch or massage the area.
- **First 24 hours:** avoid strenuous exercise, saunas, steam rooms and alcohol.
- **First week:** avoid facial massage and other facial treatments in the area.
- **Bruising:** a cold compress helps. Most bruising fades within a week.

08 What you can expect from the result

The bumps usually settle within a day or so as the gel spreads. Any change in the skin builds gradually over the following weeks, and is usually assessed about four weeks after your second session. Results are subtle, vary between people and fade over time.

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 so.
- Redness and tenderness for a day or two.

Other side effects

- **Bruising** COMMON
  Usually small, and fades within a week.
- **Swelling** COMMON
  Usually mild, and settles within a few days.
- **Lumps that last longer** UNCOMMON
  Usually settle with time or gentle massage when advised. Hyaluronidase can dissolve the gel if needed.
- **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.
- **Blocked blood vessel** VERY RARE
  If the gel enters or presses on a blood vessel, the skin can become pale, mottled or dusky and painful. This needs urgent treatment with hyaluronidase, which Mr Kumar carries. Very rarely, it can affect vision.

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

Profhilo is a cosmetic treatment, so it isn't covered by health insurance or the NHS. You'll be told the price per session before you decide, and a course is usually two 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.

Telephone	020 3026 9695
Email	info@theuclinic.com
Sevenoaks	The Ü Clinic, 74 London Road, Sevenoaks TN13 2DN
Online	mrsivakumar.com

Mr Siva Kumar Veeramani is a Consultant Plastic, Reconstructive and Cosmetic Surgeon. GMC 6114710.

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