Renuva Pre and Post Care

Renuva® is an allograft adipose matrix implant. Renuva® is a biocompatible, Human, Cell, and Tissue Product (HCT/P) derived from donated human adipose (fat) tissue. Allograft tissue products have been around for many years, in the form of bone tissue, tendon/ligament tissue and skin (dermal) tissues. Renuva® is intended for the replacement of damaged or inadequate integumental adipose tissue matrix. Renuva® Allograft Adipose Matrix may also be used for the reinforcement or supplemental support in underlying adipose tissue matrix as the result of damage or naturally occurring defects.

Renuva® is applied via injection into sub-dermal planes of tissue (under the skin) to correct minor surface irregularities and/or defects. When Renuva is injected, it creates a honeycomb-like matrix that is then filled with the body's own fat. After three to six months Renuva dissolves and the person's own fat remains.

The results of Renuva are not immediate. It may appear that the treatment worked immediately because of swelling from the injections and the diluents necessary for injection but a few days following the treatment when the swelling subsides and the water is absorbed by the body, you may look as you did before treatment. Renuva takes time (3-6 months) to gradually disappear and become replaced with your own fat, leaving lasting results. This means that the fat lasts as long as the body's fat cells normally last, which varies for each individual. The average fat cell lifespan is approximately 10 years.

Because individual responses to Renuva may vary, the exact number of treatment sessions required cannot be predicted with complete accuracy.

Pre-Treatment Instructions

- **Please arrive with a clean face, neck,** or any other body part undergoing treatment, without any make-up or lotions on.
- Please review post-treatment instructions (below) for important information on risks and expectations.
- Renuva injections should not be performed if you have any of the following:
    - Pregnancy or breast feeding
    - Severe allergy sensitivities* or history of anaphylaxis. Patients who are concerned about severe allergy sensitivities or have concerns should consult their physician.
        - Severe allergies are defined as allergies to more than three medication types/groups (ex: penicillins/cephalosporins are one group).
    - Active infection or inflammation (such as acne, etc.) in the area to be treated

- Systemic infection
- Recent Accutane use (must be 6 months from last dose).
- History of keloid scarring.
- History of collagen vascular diseases including but not limited to
  - Systemic Lupus Erythematosus
  - Rheumatoid Arthritis
  - Polymyositis/Dermatomyositis
  - Progressive Systemic Sclerosis/Scleroderma/CREST syndrome
  - Mixed Connective Tissue Disease
- Use of systemic immunosuppressive medications including corticosteroids
- Active autoimmune disease or recent immunizations (heightened non-infectious immune responses could potentially inhibit integration of Renuva)
- History of mechanical trauma or low vascularity in the area to be treated may inhibit integration of Renuva
- Permanent implant in the desired treatment areas may be treated after consultation
- Poor nutrition or poor general medical condition
  - If too thin or if very advanced age, fat production will be impaired
  - Renuva is not recommended if on GLP-1 receptor agonist (i.e. Ozempic), currently undergoing weight fluctuations, or if a period of heightened stress is anticipated post-treatment.
- Age <35 years old: as we age, we tend to gain weight which may have an unusual appearance if weight is gained later in life
- Recent filler in a similar area as anticipated Renuva treatment should be discussed and may need to be dissolved prior to proceeding with Renuva treatment.

Post-Treatment Instructions

- Potential adverse injection procedure reactions:
  - Anaphylaxis or other allergic response (e.g. urticaria); rare allergic responses have been reported
  - Local or systemic infection
  - Specific or non-specific immune response to some component of the graft
  - Discoloration of the skin may occur at the procedure site
  - As with any procedure, there is a potential for swelling, tenderness, redness, bruising, pain or irritation at the procedure site during the immediate post-procedure period
  - Redness and swelling are common reactions post-Renuva treatment and can last up to several days.
  - Some patients will also experience firmness and tenderness.
- As with most treatments of this kind, Acetaminophen may be taken, and ice may be applied for discomfort.

- Re-treatment may occur at 3-4 months for most, but may occur as soon as 6 weeks at the provider's discretion.
- Avoid makeup for 24 hours post-procedure.
- If the buttocks were treated, avoid sitting on buttocks for 24 hours.
- The day of treatment, or until initial swelling and redness have resolved, avoid strenuous workouts, extensive sun or heat exposure (such as hot tubs or saunas), and alcoholic beverages. Exposure to any of these may cause temporary redness, swelling, and/or itching at the injection sites. Ice packs may be applied to reduce swelling.
- Arnica may be applied over bruises to speed healing.
- Results are gradual. Expect 80% of results at 3 months and 100% of results at 6 months post treatment.

Please do not hesitate to contact us with questions or concerns.