

New-Fill® for HIV-associated facial lipoatrophy

This leaflet explains more about the use of New-Fill® to treat HIV-associated facial lipoatrophy. Facial lipoatrophy is the loss of fat from the face. If you have any further questions about this treatment, please speak to a doctor or nurse caring for you.

What is New-Fill®?

New-Fill® is poly-L-lactic acid, which has been used safely in medicine and surgery for over 30 years. It encourages the stimulation of collagen (a natural protein in the body) to correct the effects of facial lipoatrophy. New-Fill® is biodegradable, meaning it is broken down and eliminated by the body.

How does New-Fill® work?

New-Fill® is injected directly into the skin on your face. It has both an immediate and a delayed effect.

It immediately restores the normal appearance of the face. This is followed by a period, usually between one to six weeks, where there may be some loss of the initial treatment volume. **Do not worry**, your collagen production will increase over time and your face will return to its usual appearance. This usually takes place between 5-6 weeks after each treatment and can continue for up to nine months.

Will it hurt?

The injections can vary from being momentarily uncomfortable to painful. To reduce discomfort, a local anaesthetic with a numbing effect will be injected with New-Fill®. Ice packs or a local anaesthetic cream can also be applied to the face before the injection. For more information about local anaesthetic, please read our leaflet **Having an anaesthetic**.

What are the risks?

- You may experience swelling, discomfort, bruising or redness around the injection site. These usually disappear within 2-6 days.
- Occasionally small lumps under the skin may appear and spontaneously disappear. If they do not spontaneously disappear they may need to be massaged or injected with steroids.
- Allergic reactions are rare but can happen which can lead to prolonged redness, itching, swelling or a hardening around the injection site. Please tell the person treating you if you have any allergies.
- As with any injection there is a risk of infection.

- As with all skin injections when injecting certain areas of the face there is a rare (less than one in 100) risk of blindness or damage to sight. This risk will be thoroughly discussed with you by the person treating you.
- If you are taking antiplatelet medicines (such as aspirin, clopidogrel, prasugrel or ticagrelor) or any anticoagulant medicines (such as warfarin, acenocoumarol, phenindione, rivaroxaban, dabigatran, apixaban or edoxaban) please tell the person treating you as there is an increased risk of bleeding at the injection site.
- Whilst you are in the treatment phase you should avoid the use of any vitamin A creams or gels on your skin (e.g Retin A, retinoids or retinol) to reduce the risk of sensitivity.
- **The safety of New-Fill® for use when pregnant or breastfeeding, or in patients aged under 18, has not been established. If you think you may be pregnant or you are breastfeeding, please tell the person who is treating you.**

Always tell the person treating you if you have any of the side effects listed. If these side effects are severe, do not wait, contact your GP or attend an Emergency Department immediately. Please contact a doctor if you have pain, redness or a fever that does not respond to paracetamol. For our contact details, see page 3 of this leaflet.

Giving my consent (permission)

We want to involve you in decisions about your care and treatment. If you decide to go ahead, you will be asked to sign a consent form. This states that you agree to have the treatment and you understand what it involves.

If you would like more information about our consent process, please speak to a member of staff caring for you.

How long does a New-Fill® take?

The initial visit can last an hour and a half, as this includes photography, clinical assessment and treatment. It is helpful as a reference for us for you to bring a photograph of your face before any changes caused by HIV-associated facial lipoatrophy. Further sessions should be slightly shorter than 60 minutes.

How long will the effects of New-Fill® last?

How long the effects of New-Fill® last depend on various factors including skin structure, degree of facial fat loss, lifestyle and the ageing process. Generally, the improvements from New-Fill® last between 12-24 months.

What happens after my treatment has finished?

Generally, a complete course of treatment is made up of four sessions, spaced approximately four to six weeks apart. The need for repeat treatments varies from person to person. However, when you feel that the result of the treatment has disappeared by approximately 50 per cent you should ask your clinician to refer you back to the New-Fill® service. **Please speak to your clinician before all of the New-Fill® effect has been lost.**

Is there any advice I should follow after treatment?

Please read the following aftercare tips which will help the overall results from your New-Fill® treatment.

- Due to the local anaesthetic used your face and mouth may be numb for a short while after treatment so please take care when eating or drinking hot substances.
- Do not touch the treated area unnecessarily for up to 12 hours after treatment.

- Keep the treated area clean and dry.
- Do not apply any creams other than those specified by the practitioner.
- Do not apply make up for 12 hours after treatment – if you do need to apply make up, do not use powder.
- Tenderness, discomfort, swelling and/or bruising may occur but will disappear within two to six days after treatment. An ice pack can be applied for a few minutes at a time during the first 24 hours to help reduce swelling. Avoid placing ice directly onto your skin; wrap in a clean cloth first.
- Massage the treated areas as directed by your practitioner, or until your next appointment, twice a day for five minutes. When massaging use an appropriate fragrance-free cream to reduce friction.
- Avoid excessive sun and exposure to UV light during the treatment period and use a sun protection of SPF30 or higher if you are outside.
- Drink plenty of water daily to maintain skin hydration
- **Remember it can take weeks or months before you notice an improvement after treatment.**

To minimise the risk of side effects, it is important to correctly follow the aftercare advice given in this information sheet and by your healthcare professional.

How do I cancel or change an appointment?

New-Fill® appointments are managed by staff working at Chelsea and Westminster NHS Foundation Trust. If you need to cancel or change your appointment please call **020 3315 6147** or **020 3315 6936**

Confidentiality

Complete confidentiality will be maintained at all times. Only the nurse or doctors responsible for your care will have access to your clinical photographs, which will be stored securely and used for no other purpose unless prior consent is obtained from you.

Chelsea and Westminster Hospital acts as a host provider and is the central point for referrals into all four providers. By requesting a referral to any of the other sites it is implied that you are giving permission for Chelsea and Westminster Hospital to pass on referral details and patient history obtained from your referring site. This information will only be transmitted securely.

Contact us

To discuss any queries or problems you may have during treatment please email **Odile.Brennan@nhs.net** or telephone **020 3315 6936** (Monday-Friday, 9am-5pm).

If you need to speak to someone urgently out of hours, please contact your GP in the first instance. In an emergency, please attend your local Emergency Department (A&E).

You can contact the on-call HIV doctor at Guys and St Thomas' NHS Foundation Trust via the switchboard: **020 7188 7188** (24 hours).

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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