



# BCAM

British College of Aesthetic Medicine

# Vet It Before You Get It

## Bio-Stimulator Treatments

### **Your safety starts before the first injection.**

As part of BCAM's patient safety campaign, we urge consumers to fully understand what bio-stimulator treatments are, how they work within the body, and the potential risks associated with stimulating biological processes beneath the skin.

Bio-stimulators are injectable products designed to stimulate tissue remodelling and collagen production. They achieve this by activating biological pathways involved in inflammation, wound healing, fibroblast activity and extracellular matrix formation.

Unlike traditional dermal fillers, which primarily provide volume, bio-stimulators work by triggering a biological response within the tissues. Results develop gradually over weeks or months and may continue to evolve after treatment.

Different products contain different active ingredients and work through different biological mechanisms. Understanding what is being injected is an important part of informed consent.



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## **Common Bio-Stimulator Products Used in UK Aesthetic Practice**

**-Brand Name**

**-Active Ingredient**

**-What It Is**

**-What It Does**

### **Sculptra®**

*Poly-L-Lactic Acid (PLLA)*

*A biodegradable synthetic biomaterial*

*Stimulates tissue remodelling and collagen production over time through a controlled biological response.*

### **Julaine®**

*Poly-L-Lactic Acid (PLLA)*

*A biodegradable synthetic biomaterial*

*Supports collagen production and tissue remodelling through a controlled biological response, contributing to gradual restoration of volume and skin quality.*

### **HAmonyCa™**

*Calcium Hydroxylapatite (CaHA) and Hyaluronic Acid (HA)*

*A hybrid injectable combining a structural gel with a collagen-stimulating biomaterial*

*Provides immediate structural support from HA while supporting collagen production through the presence of CaHA microspheres.*

*Lanluma®*

### **Poly-L-Lactic Acid (PLLA)**

*A biodegradable synthetic biomaterial*

*Stimulates collagen production and is commonly used for facial and body contouring treatments.*

### **Radiesse®**

*Calcium Hydroxylapatite (CaHA) Microspheres*

*A calcium-based biomaterial suspended in a gel carrier*

*Provides structural support and stimulates collagen and extracellular matrix production.*



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## **Ellansé®**

*Polycaprolactone (PCL) Microspheres*

*A biodegradable synthetic biomaterial*

*Acts as a scaffold within the tissue while stimulating collagen production over an extended period.*

## **AestheFill®**

*Poly-D,L-Lactic Acid (PDLLA)*

*A biodegradable synthetic biomaterial*

*Stimulates collagen production and tissue remodelling while providing gradual volumisation.*

## **Juvelook®**

*Poly-D,L-Lactic Acid (PDLLA) and Hyaluronic Acid (HA)*

*A combination of a collagen stimulator and hydrating gel*

*Provides hydration and supports collagen production through tissue remodelling.*

## **Lenisna®**

*Poly-D,L-Lactic Acid (PDLLA)*

*A biodegradable synthetic biomaterial*

*Stimulates collagen production and tissue remodelling with a focus on restoring volume and skin quality.*



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## **Before Proceeding, Always Ask:**

- Which specific product are you recommending for me?
  - What is the active ingredient?
  - How long does the product remain in the body?
- How does it stimulate tissue remodelling and collagen production?
  - Is the product CE-marked or UKCA-marked?
  - Is it sourced through a regulated UK supplier?
- What scientific evidence supports its safety and effectiveness?
- Who is carrying out my treatment and what qualifications do they hold?
  - What are the risks and potential complications?
- What happens if a complication develops weeks, months, or years later?

**You have a right to know exactly what is being injected into your body and why it is being recommended.**

## **Understanding the Risks**

Bio-stimulators work by intentionally activating biological pathways within the tissues.

The desired outcome is collagen production and tissue remodelling. However, biological responses can vary between individuals and are not always predictable.

Potential complications include:

- Lumps or nodules
- Delayed swelling or inflammation
  - Infection
  - Bruising and pain
  - Asymmetry
- Granuloma formation
  - Tissue damage
- Vascular occlusion (blocked blood vessel)
  - Unwanted tissue remodelling
- Long-term inflammatory reactions
- Unsatisfactory aesthetic outcomes



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*Some complications may develop weeks, months, or even years after treatment.*

*Because bio-stimulators work by influencing biological processes rather than simply adding volume, both results and complications may continue to evolve after the initial treatment period.*

### **Am I Suitable for Treatment?**

A safe consultation should include discussion of:

- Your medical history
- Autoimmune or inflammatory conditions
  - Previous filler or injectable treatments
  - Allergies and medications
  - Pregnancy or breastfeeding status
- Your expectations and treatment goals

**Not everybody is suitable for every injectable treatment.**

### **What Happens if Something Goes Wrong?**

Ask:

- Do you have emergency protocols in place?
  - Who do I contact after treatment?
  - How are complications managed?
- What support is available if delayed reactions occur?
- Can complications be assessed and treated quickly?

***Complications may occur immediately or develop long after treatment.***



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## **Immediate Red Flags**

Be cautious if:

- The consultation feels rushed
- You are pressured to book immediately
  - Risks are minimised or dismissed
- The treatment is described as completely "natural" or risk-free
- The practitioner cannot clearly explain how the product works
  - The product name is not disclosed
  - Prices seem unusually cheap
- Treatment is carried out in a non-clinical setting
- There is no discussion of complication management or aftercare

## **Remember:**

**"Collagen stimulation" is still a biological intervention.**

*Bio-stimulators do not simply add volume. They are designed to activate biological processes involved in tissue repair and remodelling. These treatments require appropriate medical knowledge, training, patient selection, and safe clinical practice.*

## **BCAM Guidance**

If you do not fully understand what biological processes are being activated within your body — do not proceed.

Patients should only undergo bio-stimulator treatments with appropriately qualified healthcare professionals who can explain the science, assess suitability, and safely manage complications.

BCAM's "Vet It Before You Get It" campaign exists to empower consumers with the right questions before any aesthetic treatment.