

# PLINEST®

**Treatment goal:** PLINEST® is suggested for **prevention and maintaining younger patient's skin quality.** (2,3)

It helps to remodel areas with a high fibrous content such as **acne scars.** (3)

**Polynucleotides with High Purification Technology (PN-HPT™)** are natural origin products obtained through a technology featuring a high degree of purification and safety.

**PN-HPT™** are deoxyribonucleotide polymers (DNA fractions) with a crucial role in:

- **Skin quality**
- **Restoring radiance and freshness**
- **Promoting bio-regeneration**
- **Reducing wrinkles and skin laxity** (4)

The **polynucleotide-HPT™ PRIMING** process prepares the skin and makes it more receptive to medical, aesthetic, and anti-ageing treatments. It generates a synergistic effect with: laser, radiofrequency, fillers, peeling, needling, and surgery (4)

**Composition:** PN-HPT™ 40mg/2ml, sterile, non-pyrogenic, viscoelastic gel (1)

**Pack:** 1 x 2ml pre-filled syringe

**Needle:** 2 x 30G ½ needle

## How it works

**Clinically proven safety and efficacy of long chain polynucleotides in the improvement of skin texture and elasticity to give a more youthful appearance.** (2)

**Patients:** 143 of both sexes; in 91 patients only one skin area was treated, in 37 patients two skin areas were treated simultaneously and in the other cases (15 patients) more than two skin areas were treated simultaneously

**Clinical evaluation:** (T0) before treatment; (T1) 30 days after the end of the initial treatment phase (follow-up visit)

**Treated Area:** Face: 132; Neck: 55; Dècolletè: 14

### TREATMENT PROTOCOLS

**Prevention treatment for younger skin:** 3 intradermal treatments - one every 3 weeks - followed by a maintenance treatment every 2-3 months

**Recovery treatment for ageing skin:** 4 infiltrations treatment, one every 1-2 weeks, followed by maintenance sessions every 1-3 months

**Efficacy:** 91% of patients demonstrated clinical improvement in the reduction of superficial fine lines and wrinkles based on physician assessment\*

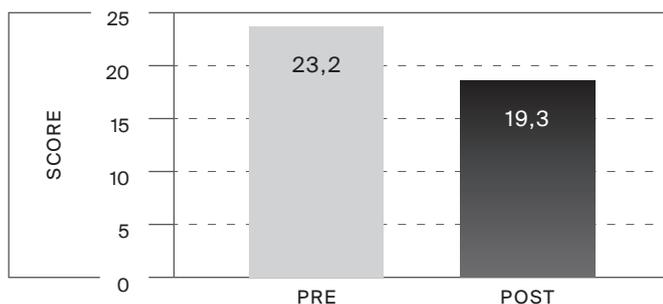
**+14.7%** improvement in skin hydration vs baseline\*\*

**+21.8%** increase in skin elasticity\*\*

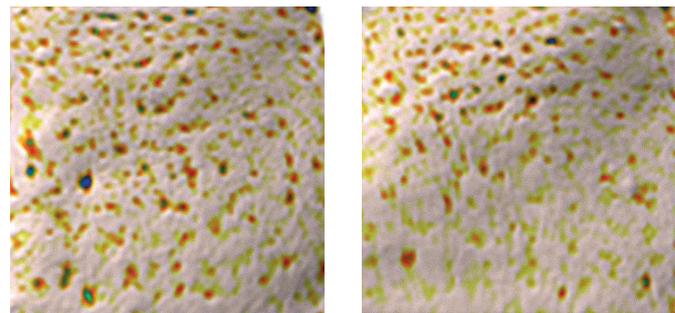
**Safety:** The product was very well tolerated and the injections without much pain. No cases of severe side effects due to the highly bio-compatible nature of the gel/product.

**In more than 90% of the subjects PN-HPT™ demonstrated overall clinical improvements of the skin texture and reductions of superficial fine wrinkles** (5,6)

16.7% decrease in roughness (%) to achieve less than 2.5 mm (5,6)



**Figure 1a.** Roughness (%) of less than 2.5 mm in the lateral dimension: baseline (PRE) and after 30 days of follow-up with 3 to 4 PN-HPT™ infiltration sessions (POST) (5,6)



**Figure 1b.** Objective improvement of skin texture (roughness less than 1.5 mm of the lateral dimension) in the treated face area (camera-associated ANTERA® 3D R CS skin imaging device): baseline (left) and after 30 days of follow-up with 3-4 PN-HPT™ 40 mg/2 mL intradermal infiltration sessions (right) (5,6)

## Treatment protocols and injection techniques

### YOUNGER SKIN FOR BIO-REGENERATION

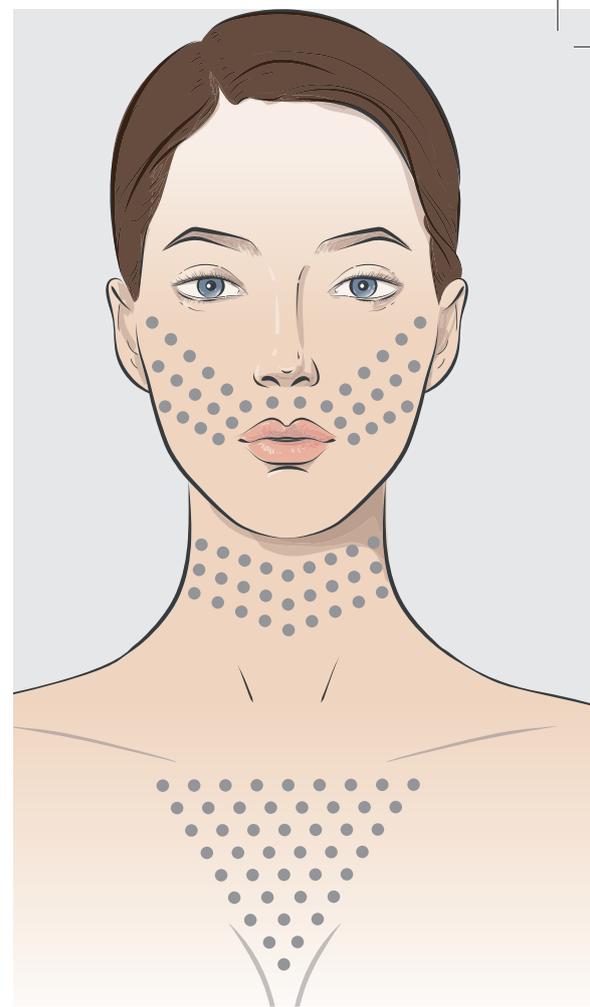
2ml intradermally with micro-droplet or linear retrograde technique.

One session (2ml) every 14 or 21 days for a total of 3 sessions. <sup>(4)</sup>

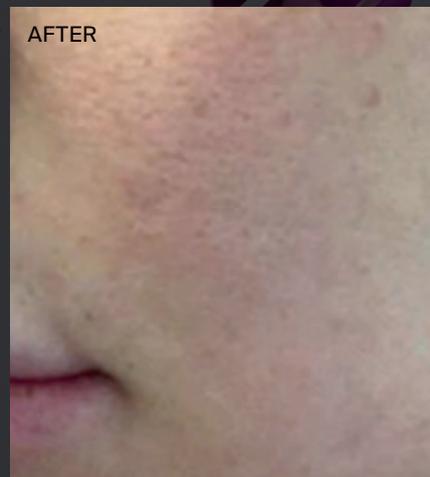
### ACNE SCAR IMPROVEMENT

30 Micro-droplets (0.1-0.2ml at each injection point) subdermally.

One session (4ml) every 3 weeks for total of 2 sessions. <sup>(7)</sup>



- **Areas of treatment:** Face, Neck, and Décolleté <sup>(1)</sup>
- **Depth of injection:** Intradermal <sup>(1)</sup>



**Figure 2.** 36-year-old female patient (BEFORE) pre-treatment and (AFTER) 6 months post-treatment with Highly Purified Technology Polynucleotides. <sup>(7)</sup>

Courtesy of dr. Araco A.

**Bibliography:** 1) Plinest IFU (Instruction for use) | 2) Cavallini M, Papagni M. Long chain polynucleotides gel and skin biorevitalization. Journal of Plastic Dermatology. 2007; 3(3): 27-32 | 3) Cavallini M, De Luca C, Prussia G, Raichi M. PN- HPT® (Polynucleotides Highly Purified Technology) in facial middle third rejuvenation. Exploring the potential. Journal of Cosmetics Dermatology 2021; 00; 1-10 | 4) Cavallini M, Bartoletti E, Maioli L, Massirone A, Palmieri IP, Papagni M, Priori M, Trocchi G, members of The Polynucleotides HPT™ Priming Board, Collegio Italiano delle Società Scientifiche di Medicina Estetica (Italian College of the Aesthetic Medicine Scientific Societies) – SIME, AGORÀ, SIES. Consensus Report on the Use of PN-HPT™ (Polynucleotides Highly Purified Technology) in Aesthetic Medicine. Journal of Cosmetic Dermatology 2020; 1-7 | 5) Massirone A. Polynucleotides Highly Purified Technology and the face skin, a history of innovative skin priming. Aesthetic Medicine. 2021; 7(1):25-40. | 6) Cavallini M, Cattarini G, Papagni M. High technology skin biorevitalization with polynucleotides: clinical experience in anti aging treatments. Poster presented at the Anti-Aging Medicine World Congress (AMWC) 2014, 12th edition, Monte Carlo (Principality of Monaco). | 7) Araco A, Araco F. Preliminary Prospective and Randomized Study of Highly Purified Polynucleotide vs Placebo in Treatment of Moderate to Severe Acne Scars. Aesthet Surg J. 2021; 41(7): 866-874. \* The physician global assessment during the follow-up visit was positive. In fact in 91% of the patients the physician noted a clinical improvement (73% improved and 18% highly improved), due to the reduction of superficial fine wrinkles and to a better aspect of the skin that showed to be more tonic. In particular this result was noted in the treatment of the face, above all in the cheek, periorcular area and neck. | \*\* Patients evaluation with digital skin measurement system (Callegari Soft 5.5). Evaluations have been recorded before (pre) and one month later the end of treatment (post). 3 Increases in skin hydration were observed after 8 weeks in both areas, however, did not reach statistical significance at any point.