

# Plinest



## Polynucleotides

Plinest is a PN HPT™ based product obtained through **High Purification Technology** featuring a high degree of purification and safety

**Treatment Goal:** Suggested for **prevention of ageing** and **maintaining younger patients skin quality**. It helps to remodel areas with a high fibrous content such as acne scars [1,2,6]

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

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

**Needle [1]:** 2 x 30G ½ needle



## SKIN PRIMING: BEYOND THE STANDALONE THERAPY

The **Polynucleotides HPT™ PRIMING** 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** [3]

## CLINICAL EVIDENCE

**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 two skin areas were treated simultaneously and in 15 cases 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 Areas:** Face: 132; Neck: 55; Dècolletè: 14
- **Younger skin prevention treatment protocol:** 3 intradermal treatments - one every 3 weeks - followed by a maintenance sessions every 2-3 months
- **Ageing skin recovery treatment protocol:** 4 intradermal treatments, 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. Due to the highly bio-compatible nature of the product no cases of severe side effects were detected

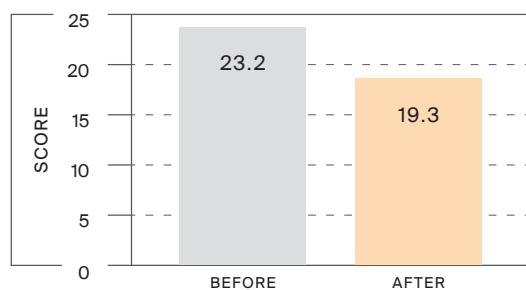


Figure 1: Roughness (%) of less than 2.5 mm in the lateral dimension: baseline (Before) and after 30 days of follow-up with 3 to 4 PN HPT™ injections sessions (After) [4,5]

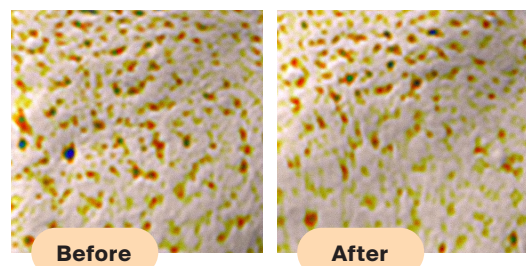


Figure 2: Objective improvement of skin texture (roughness less than 1.5 mm of the lateral dimension) in the treated face area (camera-associated ANTERA® 3D R CS skin imaging device): baseline (Before) and after 30 days of follow-up with 3-4 PN HPT™ 40 mg/2 mL intradermal injection sessions (After) [4,5]

In more than 90% of the subjects PN HPT™ demonstrated overall clinical improvements of skin texture and reduction of superficial fine wrinkles [4,5]

## Polynucleotides

### Treatment protocols and injection techniques

#### YOUNGER SKIN BIO-REGENERATION

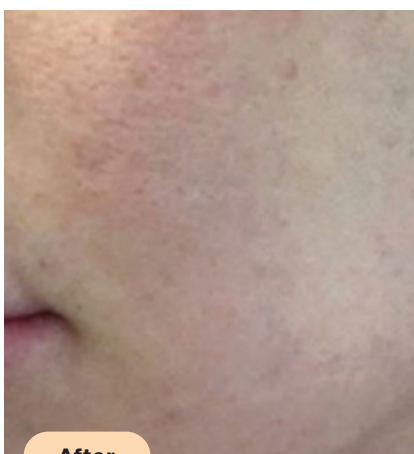
- 2ml intradermally with micro-droplet or linear retrograde technique <sup>[3]</sup>
- One session (2ml) every 14 or 21 days for a total of 3 sessions <sup>[3]</sup>

#### ACNE SCARS IMPROVEMENT

- 30 micro-droplets (0.1-0.2ml at each injection point) subdermally <sup>[6]</sup>
- One session (4ml) every 3 weeks for a total of 2 sessions <sup>[6]</sup>



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



**Figure 3:**  
36-year-old female patient (Before) pre-treatment (After) and 6 months post-treatment with Polynucleotides HPT™<sup>[6]</sup>

Photographs courtesy of dr. Araco A.

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**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, 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, AGORA, SIES. Consensus Report on the Use of PN-HPT™ (Polynucleotides Highly Purified Technology) in Aesthetic Medicine. Journal of Cosmetic Dermatology 2020; 1-7 | **4)** Massirone A. Polynucleotides Highly Purified Technology and the face skin, a history of innovative skin priming. Aesthetic Medicine. 2021; 7(1):25-40. | **5)** 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). | **6)** 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