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EXPERT
REVIEWS

Clinical data on injectable tissue fillers: a review

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Treatment with injectable tissue fillers for aesthetic purposes is increasingly popular. In parallel with this success, questions related to the safety of these treatments and the products involved are being raised more prominently. To gain insight in the safety aspects of injectable tissue fillers, we performed a literature review to collect studies reporting clinical data of injectable tissue fillers. We found several case reports where serious complications after more than three years are described. However, there are only a limited number of well-defined prospective clinical studies available with follow-up periods longer than three years. Furthermore, causes of complications, that is, treatment or product related, are often not specified in literature. Considering the intended functional period of fillers in combination with the known occurrence of long-term complications, there is a need for well-defined prospective clinical studies. In order to be able to discriminate between product failure (a product safety issue) or application methodology (a physician expertise or training issue), better identification of observed complications and whether they are product or treatment related, is needed. For the safe use of the fillers it is important that treatment with injectable tissue fillers is performed by a trained physician, who knows the product specifications and its applications.

KEYWORDS: clinical data • complications • injectable tissue fillers • long-term follow-up • prospective clinical studies • safety

Injectable tissue fillers are increasingly popular for the treatment of facial wrinkles. According to the American Society for Dermatologic Surgery, soft tissue augmentation treatments showed a 130% increase between 2005 and 2007 [1]. Moreover, it is expected that due to increase in life expectancy, the demand for anti-aging treatments, like tissue augmentation with injectable tissue fillers, will grow [2]. Their success has been attributed to the fact that treatments with injectable tissue fillers are fast and appear to be relatively easy [2]. Only a relatively 'simple' subcutaneous injection is needed. Today, various injectable tissue fillers with different characteristics are available, for example, duration of the effect, material type and intended anatomical location.

Although the application of an injectable tissue filler seems to be relatively simple and safe, reports of serious adverse effects have appeared in the literature [2–8]. Estimates of the occurrence of severe complications after treatment with various types of injectable tissue fillers range between 1:80 and 1:50,000 patients [9,10]. Adverse side effects can

be caused by incorrect injection techniques (treatment related) or by the characteristics of the products (product related) [11,12]. Short-, mid- and long-term complications can be discerned (TABLE 1) [2,13–15]. Short-term complications like pain, swelling, fever, immediate hypersensitivity reactions, occur immediately or within several days past treatment and disappear after several weeks. A more severe short-term complication is necrosis [5,16]. Necrosis occurs immediately or within a few days if blood vessels are obstructed by the filler material or if they are injured during the treatment [17]. Mid-term complications such as delayed inflammatory reactions, ulceration and granuloma reaction may occur after 2–12 months. If they do not disappear spontaneously, they can be treated with anti-inflammatory drugs (e.g., corticosteroids). Nodule formation, chronic inflammatory or delayed hypersensitivity reactions, and migration of the injected product are categorized as long-term complications, which occur after several years and can only be removed surgically. Delayed

Table 1. Overview of the most frequently observed types of complications.

Short-term	Swelling, bruising, direct hypersensitivity, necrosis
Mid-term	Lumpiness, increased sensitivity, sensitization reaction, infection, granuloma or enlargement of implant, mild prominence of implant, occasional pain when scrubbing face
Long-term	Nodule formation, migration of the product, accumulation of the product, persistent swelling or redness, persistent pain, delayed hypersensitivity reactions after retreatment

hypersensitivity reactions are related to a triggering event, such as another operation or additional injection [16,18,19]. To gain insight in the safety aspects of injectable tissue fillers, we performed a literature review to collect studies reporting clinical data of injectable tissue fillers.

Literature review

Literature was identified through searches in electronic databases Scopus (Elsevier BV), Medline/PubMed (US National Library of Medicine) and the Food and Drug Administration (FDA) website, and supplemented with cross-references. Search strings, which were used, were 'skin filler,' 'injectable skin fillers,' 'facial tissue augmentation,' 'injectable filler skin effects,' 'complications of tissue fillers,' 'safety of tissue fillers' and product names. Only peer-reviewed articles and reports reviewed by the FDA were used for this literature review. Literature of the past decade, 2000–2012, with information on tissue fillers still used today on a large scale for facial tissue augmentation were reviewed. In additions, illustrative older and newer studies on facial application of permanent and semi-permanent injectable fillers were included. Studies on combination treatments with other products such as Botox were not included. Studies on biodegradable fillers, like collagen and non-cross-linked hyaluronic acid, were not included, because biodegradable fillers have a limited and waning role in the filler market due to their lack of longevity in the skin [20,21]. New and improved collagen and hyaluronic acid injectable tissue fillers, with a lasting result of more than six months, were included as semi-permanent injectable fillers. For this study, we reviewed available literature with clinical safety data for semi-permanent and permanent fillers. We distinguished prospective studies, retrospective studies and case reports. As prospective studies are most suitable to detect safety issues before products are used on a large scale, the focus of this review lies on prospective studies. From each study, we extracted the following data: filler material, study type, number of participants of the study, follow-up period, complications and cause of complication. Furthermore, we checked literature on duplicates by examining the content of the articles and the first author's name. Publications on follow-up studies of injectable fillers were indicated as such in the table.

Clinical data for semi-permanent & permanent tissue fillers

Injectable tissue fillers can be categorized according to the duration of their effect (TABLE 2). Examples of permanent filler materials are non-degradable fragments/microspheres in a resorbable matrix solution like collagen or hyaluronic acid, aqueous polymer solutions and silicone oil. Examples of semi-permanent filler materials are cross-linked hyaluronic acid or porcine collagen gel, polyvinyl alcohol 8%, carboxymethylcellulose and polyethylene oxide, non-animal derived poly-L-lactic acid (PLLA), and synthetic calcium hydroxyapatite suspension in a gel carrier. Permanent fillers will have a long-lasting effect, while semi-permanent and biodegradable fillers will be absorbed by the body after a certain period. To maintain the effects of the fillers, retreatment is needed for semi-permanent fillers after 7–24 months depending on the product, and for biodegradable fillers within approximately six months. Permanent fillers aim to provide a long lasting (>24 months) effect without the need for repeated treatment.

Semi-permanent tissue fillers

Semi-permanent tissue fillers are all relatively recent products, most of which have been evaluated in prospective studies with defined follow-up periods, varying from 6 to 38 months (TABLE 3). The number of studies and the size of the respective study populations vary considerably, when products are compared. Complications such as bruising or local hypersensitivity are usually transient or curable with minor treatment, for example, topical treatments with antibiotics and steroids [7,22]. However, there are also cases in which persistent inflammatory reactions after 24–60 months past treatment were observed [23,24]. We observed very large differences in the occurrence rate of complications with semi-permanent tissue fillers, between 0 and 56% (TABLE 3). Some authors did not specify the number of complications observed [25–28,201]. Moreover, in some cases the complications were described per injection site instead of per participant [29,202,203]. Although product as well as treatment related complications have been described in more than one-third of the studies, no specifications of the causes of the complications were given. Although this category of products is associated with an apparently minimal or low incidence of severe complications, knowledge of the product characteristics and training in specific injection techniques are necessary for the safe use of the products [2,15,30,204].

Most studies have a follow-up period ranging from six months to two years, which generally seems to correspond with the period that these products are intended to be present in the skin. However, there are cases known in which cross-linked hyaluronic acid fillers particles were found after two years [31]. Also, aesthetic effects up to four years with injectable PLLA have been observed, while the claimed aesthetic effect is approximately two years [32]. Between 2008 and 2012, some studies have been published with longer follow-up periods, that is, three to four years [32–36]. The need for this development is illustrated by two studies [37,38] in which it was found that semi-permanent injectable fillers remain in the skin longer than the period claimed by the manufacturer: 18 and 23 months, respectively, while the

Table 2. Type of injectable tissue fillers.

Type of filler	Duration of correction	Filler material
Biodegradable fillers	± 6 months	Bovine collagen Human-derived bioengineered collagen Hyaluronic acid
Semi-permanent fillers	7–24 months	Hyaluronic acid (cross linked) Polyvinyl alcohol 8% Porcine collagen gel (cross linked) Carboxymethylcellulose & polyethylene oxide Poly-L-Lactic acid, non-animal derived Synthetic calcium hydroxyapatite suspension in a gel carrier
Permanent fillers	>24 months	Polymethyl methacrylate Polyethyl methacrylate (copolymer of hydroxyethylmethacrylate and ethylmethacrylate in hyaluronic acid) Polyacrylamid solution Polyalkylimide solution Silicone

claims were 12 months. Experiences in the past with PLLA, also a biodegradable material, have already shown that late adverse effects may occur depending on the amount of material used, for example, PLLA bone plates and screws used in fixation of cheekbone fractures were found to be able to lead to swelling after about three to five years [39]. In this study, the total amount of PLLA was considered essential for the occurrence of the local persistent inflammation. Therefore, studies with a more extended follow-up period are needed for all semi-permanent fillers. A theoretical explanation for these late reactions possibly lies in that the cross-linked hyaluronic acid filler contain varying amounts of the hyaluronan-associated proteins [23].

Permanent tissue fillers

With regard to the safety and frequency of complications of permanent tissue fillers, a number of prospective studies, retrospective studies and various case reports were identified (TABLE 4). Silicone has been applied for over 50 years, and for a long time it was the only material used. Only since the late 1990s, products based on other materials have been developed. Four of the retrospective studies on silicone [40–43] are in fact just providing a set of anecdotal case reports without information on the period between injection and complication, or on possible causes of the complication. Therefore, they are only useful as an indicator for the occurrence of complications like severe granulomatous reaction and facial ulceration (TABLE 4) [44]. Only one relatively small prospective pilot study in which a silicone filler is used, with just six months follow-up, is available [45]. Descriptions of unpublished FDA approved studies for silicone fillers [10,46] are insufficiently detailed to draw conclusions.

For the more recent filler materials such as polymethyl methacrylate micro spheres in collagen, polyethyl methacrylate

(copolymer of hydroxyethylmethacrylate and ethylmethacrylate) in hyaluronic acid, polyacrylamid solution, polyalkylimide solution, more data from prospective studies are available, with varying sizes of the study populations and follow-up periods for each product (TABLE 4). In the early 2000s, prospective studies stopped after 12 months or less [47–53]. Therefore, mainly short- or mid-term reactions, like immediate sensitivity reactions, formation of granulomas and swelling, could be picked up in these studies. In a number of case reports, long-term complications occurring after more than 12 months and even more than three years were described [8,16,19,44,54–60]. These case reports indicate that more extended follow-up periods are needed to determine long-term effects of permanent fillers.

In 2003, an advisory committee already provided advice to the FDA on a permanent tissue filler in which they formulated specific conditions for approval, including a post-marketing approval study for safety of not less than five years, a contraindication for lip augmentation, physician training and a patient educational brochure [205]. Results of this study were published by Cohen *et al.* [61,62].

Today, more and more prospective studies are published with follow-up periods exceeding three years [63–65]. In addition to the short term, often transient reactions, in these studies long-term complications, such as nodules, gel migration or accumulation, persistent redness or pain, swelling, infection and chronic inflammatory reactions are observed (TABLE 4). Similar to the situation with semi-permanent tissue fillers, very large differences in the reported occurrence rate of complications were found, while some authors did not specify the number of complications observed. Furthermore, in the various types of studies, both product- and treatment-related complications have been described, although the causes of complications were

Table 3. Type of studies and complications of semi-permanent tissue fillers.

Filler material [†]	Study, participants (n), follow-up	Complications	Cause of complication	Ref.
Hyaluronic acid (cross-linked)	Prospective study (n = 15), 6 months follow-up	All patients noted short-term complications	Not specified/ Not known	[25]
	Prospective study (n = 76), 6 months follow-up	Mild short-term complications, such as bruising, lumps and bumps, edema	Treatment related	[73]
	Prospective study (n = 150), 6 months follow-up [‡]	Short- and mid-term reactions. Treatment-related adverse events tended to occur more frequently on the non-animal-stabilized filler treated site	Treatment related	[74]
	Prospective study (n = 248), 6 months follow-up	Short-term complications were observed in more than half of the subjects. In 2 cases treatment of the adverse event was necessary	Treatment related	[75]
	Prospective study (n = 439), 6 months follow-up ^{‡,§}	Most mild or moderate adverse events, in 1 subject an abscess was reported after 4 months	Treatment related	[27,201]
	Prospective study (n = 56), 6 months follow-up	Mild injection site reactions	Treatment related	[76]
	Prospective study (n = 60), 6 months follow-up [‡]	Short term complications erythema, edema/swelling, bruising, pruritus, pain, tenderness	Treatment related	[77]
	Prospective study (n = ?), 6 months follow-up	No adverse events		[78]
	Prospective study (n = 40), 12 months follow-up [‡]	Mild adverse events: application site erythema was observed in approximately 40% of the subjects, hematoma, swelling, induration, numbness. Moderate adverse events: infection (5%), hematoma (5%), pain (5%). Severe adverse events pain (5%)	Treatment related	[79]
	Prospective study (n = 57), 12 months follow-up	Short-term complications in 30 cases	Treatment related	[80]
	Prospective studies (n = 72), 12 months follow-up	Short-term complications in 7 cases. In 2 cases migration and swelling was observed after 8 weeks	Treatment related	[81]
	Prospective studies (n = 709), 12 months follow-up	Delayed skin reaction in 3 cases	Product related	[82]
	Prospective study (n = 208), 12 months year follow-up [¶]	Short-term complications resolved in 7 days. Injection site cellulites occurred in 1 case	Treatment related	[207]

[†]Not all studies with the same filler material were performed with the same product from the same manufacturer.

[‡]Split face-design: clinical study in which subjects were randomized to contralateral treatment with two types of fillers.

[§]Pre-market clinical study.

[¶]Summary of Safety and Effectiveness data; follow-up of 12, 18, 24 and 36 months are available [209].

[#]Data of 30 months study not published yet

^{††}The follow-up period was different for all the 36 subjects (e.g. for three subjects the follow-up period was 36 months or more, for nine subjects the follow-up was less than 12 months).

^{‡‡}Anecdotal case reports.

^{§§}Summary of Safety and Effectiveness data; follow-up of 12, 18 and 24 months are available [210, 211]

^{¶¶}Clinical study with HIV subjects.

Note: For polyvinyl alcohol 8% and carboxymethyl cellulose & polyethylene oxide injectable fillers no information on complications could be found.

Table 3. Type of studies and complications of semi-permanent tissue fillers (cont.).

Filler material [†]	Study, participants (n), follow-up	Complications	Cause of complication	Ref.
Hyaluronic acid (cross-linked)	Prospective study (n = 60), 18 months follow-up	No reported adverse events		[83]
	Prospective study (n = 75), 18 months follow-up [#]	Short-term complications	Treatment related	[26]
	Prospective study (n = 95), 18 months follow-up	Thirty-four adverse events were reported, only 1 was considered to be related to the treatment	Treatment related	[84]
	Prospective study (n = 36), 3–38 months follow-up ^{††}	Short-term complications in 3 subjects (lumpiness)	Treatment related	[35]
Hyaluronic acid (cross-linked)	Retrospective study (n = 5), 12 months follow-up	One patient experienced a vasovagal episode lasting 3 hours, 1 patient had postoperative pain. In 1 patient the gel migrated	Not specified/ not known	[85]
	Retrospective study (n = 4320), 12 months follow-up	Sixteen cases of acute and 18 cases of delayed hypersensitivity reactions	Product related	[86]
	Retrospective study (n = 155), follow-up not specified	Lumps or contour irregularities 11%, bruising 10%, color change 7% and accumulation of fluid 15%	Not specified/ not known	[29]
	Retrospective study (n = 286), follow-up not specified	Short-term complications in 14 subjects	Not specified/ not known	[87]
	Retrospective study 1999 (n = 144,000), follow-up not specified ^{**}	Localized hypersensitivity reactions occurring in approximately 1 of every 1400 patients treated. Short-term complications 1 of every 650 patient	Product related	[12]
	Retrospective study 2000 (n = 262,000), follow-up not specified ^{**}	Hypersensitivity occurred in 1 of every 5000 patients treated	Product related	[12]
Hyaluronic acid (cross-linked)	Various case reports (n = 27)	Granulomatous reactions 10 days to several months past treatment. Arterial embolization resulted in necrosis 2 weeks after treatment. Scleromyxedema 9 months past treatment. Persistent inflammatory reaction. Formation of nodules 5 months past treatment. Infection 1 day after injection. Several cases of inflammatory nodules 1–60 months past treatment	Product and treatment related	[5,22–24,88–92,208]
Porcine collagen gel (cross linked)	Prospective study (n = 149), 6 months follow-up ^{§,§§}	In 123 of the subjects injection site reactions were observed. Subjects were injected at multiple sites. 326 reactions were reported as mild, 18 as moderate and 3 severe	Product related	[202]

[†]Not all studies with the same filler material were performed with the same product from the same manufacturer.

[‡]Split face-design: clinical study in which subjects were randomized to contralateral treatment with two types of fillers.

[§]Pre-market clinical study.

[¶]Summary of Safety and Effectiveness data; follow-up of 12, 18, 24 and 36 months are available [209].

[#]Data of 30 months study not published yet

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^{**}Anecdotal case reports.

^{§§}Summary of Safety and Effectiveness data; follow-up of 12, 18 and 24 months are available [210, 211]

^{¶¶}Clinical study with HIV subjects.

Note: For polyvinyl alcohol 8% and carboxymethyl cellulose & polyethylene oxide injectable fillers no information on complications could be found.

Table 3. Type of studies and complications of semi-permanent tissue fillers (cont.).

Filler material [†]	Study, participants (n), follow-up	Complications	Cause of complication	Ref.
L-Polylactic acid (PLLA), non-animal derived	Prospective study (n = 96), 6 months follow-up	Mild transient bruising was observed in 15% of the patients. Formation of nodules was observed in 56% of the cases	Not specified/not known	[93]
	Prospective study (n = 14), 6 months follow-up ^{§§,¶¶}	No adverse events		[94]
	Prospective study (n = 30), 6 month follow-up ^{¶¶}	Short-term complications in 2 subjects	Treatment related	[95]
	Prospective study (n = 61), 6 months follow-up ^{¶¶}	Two patients developed persistent asymptomatic palpable intradermal papules	Treatment related	[96]
	Prospective study (n = 20), 7 months follow-up	Purpose of the study was to obtain preliminary data on efficacy and safety of the PLLA filler. Injections were given at 1-month intervals (total of 7 treatments). Injection sites were assessed after each treatment. No adverse events		[97]
	Prospective study (n = 50), 12 months follow-up ^{¶¶}	No adverse events		[98]
	Prospective study (n = 100), 12 months follow-up	Only 54 participants completed the 1 year follow-up. Device related subcutaneous papule at injection site was observed at 13 patients	Product related	[99]
	Prospective study (n = 30), 18 months follow-up	Mainly short-term complication, in some cases nodule formation	Treatment related	[100]
	Prospective study (n = 50), 24 months follow-up ^{¶¶}	In 22 patients, palpable but non-visible subcutaneous micronodules were observed	Not specified/not known	[101]
	Prospective study (n = 116), 25 months follow-up	Only 1 case of injection site bruising	Treatment related	[102]
	Prospective study (n = 10), 36 months follow-up	Short-term complications	Not specified/not known	[34]
Poly-L-Lactic acid (PLLA), non-animal derived	Prospective study (n = 65), 36 months follow-up	In only a few cases small subcutaneous papules were developed	Treatment related	[103]
	Retrospective study (n = 300), 12–24 months follow-up	Subcutaneous papules in 30 cases. These papules resolved, without treatment in 12–24 months	Treatment related	[104]
	Retrospective study (n = 281), 36 months follow-up	Transient side effects (e.g., bruising) and nodule formation	Treatment related	[105]

[†]Not all studies with the same filler material were performed with the same product from the same manufacturer.

[‡]Split face-design: clinical study in which subjects were randomized to contralateral treatment with two types of fillers.

[§]Pre-market clinical study.

[¶]Summary of Safety and Effectiveness data; follow-up of 12, 18, 24 and 36 months are available [209].

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^{‡‡}Anecdotal case reports.

^{§§}Summary of Safety and Effectiveness data; follow-up of 12, 18 and 24 months are available [210, 211]

^{¶¶}Clinical study with HIV subjects.

Note: For polyvinyl alcohol 8% and carboxymethyl cellulose & polyethylene oxide injectable fillers no information on complications could be found.

Table 3. Type of studies and complications of semi-permanent tissue fillers (cont.).

Filler material [†]	Study, participants (n), follow-up	Complications	Cause of complication	Ref.
Poly-L-Lactic acid (PLLA), non-animal derived	Retrospective study (n = 100), up to 60 months follow-up ^{††}	Papules observed in one case. Formation of nodules observed in another case after PLLA injections approximately 15 years after the use of silicone. In both case the problems resolved after treatment with triamcinolone injections. One case of diffuse hardening was observed, after treatment with intralesional steroids plus minocycline this was resolved	Treatment related	[32]
L-Polylactic acid (PLLA), non-animal derived	Various case reports (n = 21)	Only mild transient reactions were observed after injection, no adverse events were observed 12 and 48 months past treatment. Orofacial foreign body granulomas were observed 6 months to more than 12 months after treatment. Late-onset facial nodules 12–18 months past treatment	Product and treatment related	[3,54,106–109]
Synthetic calcium hydroxyapatite suspension in a gel carrier	Prospective study (n = 72), 15 months follow-up	Short-term complications occurred in 7 cases. Temporary visible product nodularity occurred in 15 patient, in 2 cases the product had to be removed from the skin	Treatment related	[110]
	Prospective study (n = 40), 18 months follow-up	Ecchymosis and hematoma occurred in 2 of the subjects	Treatment related	[111]
	Prospective study (n = 100), 18 months follow-up	Adverse events reported through 12 months were ecchymosis, edema, erythema, pain, and pruritus. Eighteen months safety data were not available at the time of submission	Not specified/not known	[28]
	Prospective study (n = 117), 6 months follow-up	Mainly short-term adverse events were observed. One nodule was observed	Treatment related	[112]
	Prospective study (n = 113), 6–12 months follow-up	Seven short-term adverse events were observed and resolved within 1 month	Not specified/not known	[113]
	Prospective study (n = 30), 12 months follow-up ^{¶¶}	Mainly short-term complications were observed, 1 incident of lumpiness	Not specified/not known	[114]
	Prospective study (n = 60), 12 months follow-up	Adverse events were hematomas (n=2) and 1 nodule. The hematomas resolved in a few days, the nodule was treated	Not specified/not known	[115]
	Prospective study (n = 100), 12 months follow-up [§]	Mid-term complications (e.g., contour irregularities, rash) were observed after 14 weeks on 89 injection sites	Not specified/not known	[203]

[†]Not all studies with the same filler material were performed with the same product from the same manufacturer.

[‡]Split face-design: clinical study in which subjects were randomized to contralateral treatment with two types of fillers.

[§]Pre-market clinical study.

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^{§§}Summary of Safety and Effectiveness data; follow-up of 12,18 and 24 months are available [210, 211]

^{¶¶}Clinical study with HIV subjects.

Note: For polyvinyl alcohol 8% and carboxymethyl cellulose & polyethylene oxide injectable fillers no information on complications could be found.

Table 3. Type of studies and complications of semi-permanent tissue fillers (cont.).

Filler material [†]	Study, participants (n), follow-up	Complications	Cause of complication	Ref.
Synthetic calcium hydroxyapatite suspension in a gel carrier	Prospective study (n = 107), 12 months follow-up	Swelling (74%), redness (70%), bruising (63%), lumps or bumps (6.5%), nodules (2.8%)	Treatment related	[116]
	Prospective study (n = 609), 24 months follow-up	Nodule formation occurred in 48 cases	Not specified/not known	[117]
	Prospective study (n = 102), 36 months follow-up	Only short-term adverse events (e.g., edema, erythema)	Not specified/not known	[33]
Synthetic calcium hydroxyapatite suspension in a gel carrier	Retrospective study (n = 1000), 12–52 months follow-up	Mild and transient adverse events (e.g., edema, erythema)	Treatment related	[36]
Synthetic calcium hydroxyapatite suspension in a gel carrier	Case report (n = 1)	Granulomatous response	Product related	[118]

[†]Not all studies with the same filler material were performed with the same product from the same manufacturer.

[‡]Split face-design: clinical study in which subjects were randomized to contralateral treatment with two types of fillers.

[§]Pre-market clinical study.

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^{**}Anecdotal case reports.

^{§§}Summary of Safety and Effectiveness data; follow-up of 12, 18 and 24 months are available [210, 211]

^{¶¶}Clinical study with HIV subjects.

Note: For polyvinyl alcohol 8% and carboxymethyl cellulose & polyethylene oxide injectable fillers no information on complications could be found.

unfortunately not always specified. Knowledge of different characteristics and limitations of injectable permanent tissue fillers, as well as training in specific injection techniques, have been reported; a necessary requirement to help a plastic surgeon to reduce the risk of complications and to increase the safe use of the product [2,15,30,206].

US soft-tissue fillers conference

Recently, the outcomes of a large conference on facial soft tissue fillers in the USA were published [66–69]. The conference was a joint effort of seven American professional societies, spanning the variety of clinicians applying these products. Issues of patient safety, efficacy and effectiveness were discussed, based on a literature review of data on details of the treatments. One of the key points was that there are major gaps in evidence related to the safety of soft-tissue fillers, and therefore more organized and systematic collection of safety data is needed. This key point on the need for greater availability of safety data correlates very well with our findings.

Expert commentary

In recent years the awareness of the need for well-defined prospective clinical studies with prolonged follow-up period before and after injectable fillers are placed on the market is growing. However, at the moment only a limited number of well-defined prospective clinical studies with sufficiently long follow-up periods are available for these products. Especially

when the intended functional period is considered in combination with the known occurrence of long-term complications, such studies are clearly warranted. The various injectable tissue fillers have different characteristics, intended uses and limitations. Moreover, they each require specific injection techniques. Therefore, it is important that treatment with injectable tissue fillers is performed by a trained physician, preferably with a specialization in plastic surgery, who knows the product specifications and its applications. Observed complications can either be product-related or may be attributed to incorrect use. Therefore, it is important that both the safety of injectable tissue fillers and the way to apply these products are thoroughly evaluated by the manufacturer before they are placed on the market. Also afterwards post-marketing surveillance is needed including long-term clinical follow up. When describing results of such evaluations, it is necessary to specify the causes of observed complications as well as their frequency of occurrence. Before deciding on a treatment with injectable tissue fillers, the patient has to be informed on possible risks of such complications. In this context, it should be noted that risks cannot be excluded completely, not even when a product is injected in the right way by a trained doctor.

Five-year view

Because of the different characteristics of the various tissue augmentation treatments, a diverse range of injectable tissue fillers with different characteristics is available. Variations in

Table 4. Type of studies and complications of permanent tissue fillers.

Filler material [†]	Study, participants (n)	Complications	Cause of complication	Ref.
PMMA in collagen or carboxymethyl-cellulose	Prospective study (n = 14), 8 months follow-up	No adverse side effects		[48]
	Prospective study (n = 290), 12 months follow-up	Swelling after implantation, longer lasting redness and transparency of the product were observed. In one case an allergic reaction occurred	Product and treatment related	[47]
	Prospective study (n = 1008), 18 months follow-up [‡]	Preliminary results of this study with a 60 months follow-up period (start 2009) adverse events were observed (e.g., lumpiness, swelling, pain, granuloma)	Product and treatment related	[63]
	Prospective study (n = 119), 60 months follow-up	Twenty adverse events, e.g., lumpiness, granuloma, sensitivity at 15 subjects were observed. Previous results (results after 12 months) of this study are described by Cohen in 2004	Treatment related	[61,62]
	Prospective study (n = 118), follow-up period not specified	Acute side effects, like swelling and delayed side effects, e.g., persistent redness	Product and treatment related	[119]
PMMA or carboxymethyl-cellulose	Retrospective study (n = 72), mean follow-up 34 months	Four times nodule formation and once persistent lip pain was reported	Not specified/not known	[120]
PMMA in collagen or carboxymethyl-cellulose	Various case reports (n=43)	Blindness after incorrect injection technique. Granuloma reactions immediate to 48 months past treatment. Necrosis immediate to 7 days after treatment. Nodule formation 1–10 years past treatment. Infection 12 months past treatment. Chronic inflammatory reaction 1–10 years past treatment. Formation of nodules, inflammatory reactions. 6 months to 10 years past treatment	Product and treatment related	[16,19,54,55,58,59,121,122]
Polyethyl methacrylate (copolymer HEMA and EMA) in hyaluronic acid	Prospective study (n = 455), 36 months follow-up [§]	Swelling, formation of nodules, redness on average six months after the injection (percentage is not specified)	Not specified/not known	[123]

[†]Not all studies with the same filler material were performed with the same product from the same manufacturer.

[‡]This study started in 2009. The interim results covers the 18-month period after treatments.

[§]Data from the 60 months follow-up are not yet available. An undefined part of the subjects was injected with another injectable. Results from this study are mixed with results from other studies.

[¶]Database: population-based registry for collecting adverse reactions to injectable fillers.

[#]Clinical study with HIV subjects.

^{††}Information from questionnaires distributed along with the product and follow-up information from involved physicians was collected into a database.

^{‡‡}Anecdotal case reports.

Table 4. Type of studies and complications of permanent tissue fillers (cont.).

Filler material [†]	Study, participants (n)	Complications	Cause of complication	Ref.
Polyethyl methacrylate (copolymer HEMA and EMA) in hyaluronic acid	Retrospective study (n = 19), mean follow-up 22.8 ± 18.9 months [‡]	Main adverse reactions were nodules, discoloration, erythema and swelling	Not specified/not known	[124]
	Retrospective study (n = 118), mean follow-up 23.1 ± 22.8 months [‡]	Main adverse reactions were nodules, discoloration, erythema and swelling	Not specified	[125]
Polyethyl methacrylate (copolymer HEMA and EMA) in hyaluronic acid	Various case reports (n = 14)	Granuloma reactions 4–36 months past treatment, nodules 24 months past treatment Several cases of inflammatory nodules 7–48 months past treatment. Keratoacanthoma-like reaction	Product and treatment related	[59,126–130]
Polyacrylamid solution (PAAG)	Prospective study (n = 59), 9 months follow-up	Short-term reactions	Not specified/not known	[49]
	Prospective study (n = 31), 12 months follow-up [#]	Ecchymosis (58%) and small palpable but not visible nodules (29%)	Not specified	[131]
	Prospective study (n = 315), 12 months follow-up	Mild adverse events (e.g., bruising, redness), one infection	Treatment related	[51]
	Prospective study (n = 40,000), 12 months follow-up ^{††}	Fifty-five cases of swelling at the injection site, often combined with tingling sensation, redness, pain, purulent secretion or cysts occurred	Treatment related	[50]
	Prospective study (n = 88), 24 months follow-up [#]	Of the initial study population (n = 115) 88 completed the 24 months follow-up. Subcutaneous nodules (n = 3), transient local inflammatory reactions (n = 3)	Product related	[132]
	Prospective study (n = 290), 24 months follow-up [#]	Treatment-emergent adverse events; product 18.3%, injection procedure 24.5%, injection-site nodules 8.3% and papules 8.6%	Treatment and product related	[133]
	Prospective study (n = 145), 48 months follow-up [#]	Small nodules, one serious adverse event (local infection) 32 months past treatment	Not specified/not known	[64]

[†]Not all studies with the same filler material were performed with the same product from the same manufacturer.

[‡]This study started in 2009. The interim results covers the 18-month period after treatments.

[§]Data from the 60 months follow-up are not yet available. An undefined part of the subjects was injected with another injectable. Results from this study are mixed with results from other studies.

[¶]Database: population-based registry for collecting adverse reactions to injectable fillers.

[#]Clinical study with HIV subjects.

^{††}Information from questionnaires distributed along with the product and follow-up information from involved physicians was collected into a database.

^{##}Anecdotal case reports.

Table 4. Type of studies and complications of permanent tissue fillers (cont.).

Filler material [†]	Study, participants (n)	Complications	Cause of complication	Ref.
Polyacrylamid solution (PAAG)	Prospective study (n = 141), 60 months follow-up [#]	Acute adverse events: temporary swelling (18.42%), subcutaneous hematoma (7.9%), localized accumulation of the gel (2.6%). Late adverse events (after 1 year): localized permanent indurations (blebs: 10.52%), migration of the gel (7.9%). Of the initial study population (n= 314) 141 completed the 60 months follow-up. Adverse events in patient who did not complete the follow-up were also reported. These complications were: 8 patients developed localized infection. Two of these patients developed definite abscess 2 weeks after treatment	Treatment related	[134]
	Prospective study (n = 251), 60 months follow-up	A total of 104 adverse events (e.g., edema, gel accumulation, infection) in 73 patients were reported throughout the 60 months follow-up period. Previous results of this study are described by von Buelow (12 and 24 months)	Product and treatment related	[65,135,136]
Polyacrylamid solution (PAAG)	Retrospective study (n = 104), mean time since injection \pm 47 months	In 30 subjects the injectable was palpable not visible in the lips. In 3 subjects the gel migrated and formation of edema occurred by 2 subjects	Not specified/ not known	[137]
	Retrospective study (n = 542), one day to 60 months follow-up	Abscess formation, displacement of the gel, infection, etc.	Not specified/ not known	[138]
Polyacrylamid solution (PAAG)	Various case reports (n = 7)	PAAG material migrated 36–60 months past treatment due to muscular activity or gravity and capsule was broken by incorrect massage or incidental force. Infection one week after injection. Extreme pain 18 months and edema 7 months past treatment. Inflammatory reactions more than 2–36 months after injection	Product and treatment related	[60,139,140]

[†]Not all studies with the same filler material were performed with the same product from the same manufacturer.

[‡]This study started in 2009. The interim results covers the 18-month period after treatments.

[§]Data from the 60 months follow-up are not yet available. An undefined part of the subjects was injected with another injectable. Results from this study are mixed with results from other studies.

[#]Database: population-based registry for collecting adverse reactions to injectable fillers.

^{††}Clinical study with HIV subjects.

^{†††}Information from questionnaires distributed along with the product and follow-up information from involved physicians was collected into a database.

^{‡‡}Anecdotal case reports.

Table 4. Type of studies and complications of permanent tissue fillers (cont.).

Filler material [†]	Study, participants (n)	Complications	Cause of complication	Ref.
Polyalkylimide solution	Prospective study (n = 17), 11 months follow-up [#]	Four cases of complications, varying from capsule formation or gel migration to an infection at 1 injection site	Not specified/not known	[52]
	Prospective study (n = 31), 12 months follow-up [#]	Only mild and transient adverse events	Not specified/not known	[53]
	Prospective study (n = 11), 18 months follow-up [#]	Only mild and transient adverse events	Not specified/not known	[141]
	Prospective study (n = 31), 22 months follow-up [#]	Only mild transient adverse events (e.g., bruising, pain, swelling)	Not specified/not known	[142]
	Prospective study (n = 9), 24 months follow-up [#]	Only mild transient adverse events (e.g., modest inflammatory reaction, edema)	Treatment related	[143]
	Prospective study (n = 73), 36 months follow-up [#]	Only swelling after implantation	Treatment related	[144]
	Prospective study (n = 2,000), follow up not specified	In 12 cases staphylococcus infections occurred, of which 3 cases could be directly described to the implanted material	Product related	[145]
Polyalkylimide solution	Retrospective study (n = 4), 24–48 months follow-up ^{†‡}	Abscess formation, infection, migration, inflammatory nodules	Product and treatment related	[146]
	Retrospective study (n = 3,196), 24–48 months follow-up	Inflammation and accumulation years after treatment, hardening of the capsule and migration	Not specified/not known	[147]
Polyalkylimide solution	Various case reports (n = 63)	Abscess, late inflammatory reaction, migration of the filler 24 h to 36 months past treatment [148]. Infection, migration and capsule formation 12–36 months past treatment. Inflammatory reactions more than 12 months after injection. Foreign body granuloma 12 months past treatment. Infection to 36 months past treatment. Facial nodules and facial edema 6–52 months after injection with filler	Product and treatment related	[129,148–152]

[†]Not all studies with the same filler material were performed with the same product from the same manufacturer.

[‡]This study started in 2009. The interim results covers the 18-month period after treatments.

[§]Data from the 60 months follow-up are not yet available. An undefined part of the subjects was injected with another injectable. Results from this study are mixed with results from other studies.

[#]Database: population-based registry for collecting adverse reactions to injectable fillers.

^{††}Clinical study with HIV subjects.

^{†††}Information from questionnaires distributed along with the product and follow-up information from involved physicians was collected into a database.

^{‡‡}Anecdotal case reports.

Table 4. Type of studies and complications of permanent tissue fillers (cont.).

Filler material [†]	Study, participants (n)	Complications	Cause of complication	Ref.
Silicone	Prospective study (n = 77), 6 months follow-up [#]	No adverse events		[45]
Silicone	Retrospective study (n = 179), 36–84 months follow-up	In 6.2% mild transient complications were observed, and in 2.2% small nodules were observed	Treatment related	[153]
	Retrospective study (n = 235), follow up not specified ^{††}	Over a period of 20 years 2 cases of complications (local infections) were observed	Not specified/not known	[40]
	Retrospective study (n = 347), follow up not specified ^{††}	Over a period of 20 years 1 complication (nodule formation) was observed	Not specified/not known	[41]
	Retrospective study (n = 916), follow-up not specified	Overcorrection 1 year past treatment, hyperpigmentation within a few months past treatment	Product related	[154]
	Retrospective study (n = 4,862), follow up not specified ^{††}	Over a period of 22 years complications (e.g., migration) were observed due to large volumes and contamination. Due to decreasing the injection volume and purifying the silicone gel the incidence of complications decreased considerably over the years	Product and treatment related	[43]
Silicone	Various case reports (n = 586)	Development of pseudo-lymphoma beside silicone related granulomas 60 months past treatment. Severe granulomatous reaction and facial ulceration. Facial nodules, cellulites, ulceration and migration between 5 and 20 years after treatment with silicone injections	Product and treatment related	[44,56,57]

[†]Not all studies with the same filler material were performed with the same product from the same manufacturer.

[‡]This study started in 2009. The interim results covers the 18-month period after treatments.

[§]Data from the 60 months follow-up are not yet available. An undefined part of the subjects was injected with another injectable. Results from this study are mixed with results from other studies.

[¶]Database: population-based registry for collecting adverse reactions to injectable fillers.

^{||}Clinical study with HIV subjects.

^{††}Information from questionnaires distributed along with the product and follow-up information from involved physicians was collected into a database.

^{##}Anecdotal case reports.

characteristics lie in duration of the effect, material type and intended anatomical location. It is expected that due to the increasing life expectancy, the demand for anti-aging treatments like tissue augmentation with injectable tissue fillers will grow. As a result of this, manufacturers will place new or improved types of injectable tissue fillers on the market. According to Glogau *et al.*, currently more than 200 commercial products are

available outside the United States [70]. Many of these products are variations on existing materials, for example, hyaluronic acid fillers with a higher degree of cross-linking. Also new products have recently emerged, containing a mix of different materials such as hyaluronic acid in combination with hypromellose and particles of cross-linked dextran [70]. Kablik *et al.* reported that, in recent years, hyaluronic acid-based tissue fillers have become

the material of choice for use in soft tissue augmentation [71]. However, the request for permanent correction by consumers is also likely to continue, leading to an expected market for permanent tissue fillers. The use of permanent tissue fillers is controversial. On the one hand, there is the consumer's pursuit of a lasting youthful appearance. On the other hand, there are important issues such as the nonreversible effects and problems like immune responses and delayed infections. No easy solutions for these issues are available. Semi-permanent tissue fillers hold promises to be safer alternatives for permanent fillers, however, they have their disadvantages too. For example, the enzyme hyaluronidase can be used to degrade hyaluronic acid fillers in the skin if overcorrection is performed or a strong immune response occurs. However, several cases have been reported where it seemed to be impossible to degrade the filler completely with the enzyme [72]. A possible explanation could be that the hyaluronic acid material is modified to such an extent that the enzyme does not recognize the hyaluronic acid filler [72]. If product safety and application methodology are not evaluated sufficiently thorough before as well as after introduction on the market, or if the products are injected by insufficiently trained

physicians, an increase in the occurrence of complications with injectable fillers can be expected, especially in view of the expected increase in the number of treatments with a wider range of available products.

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Key issues

- All semi-permanent and permanent injectable tissue fillers may cause complications.
- Complications can occur long after the first treatment. Complications can be product- or treatment-related.
- Tissue filler products need to be thoroughly evaluated in clinical studies with sufficient long-term follow-up before and after they are placed on the market.
- Only trained physicians with knowledge of products and the intended use, who have evaluated the risks and benefits with the consumer, should perform treatment with tissue fillers.

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