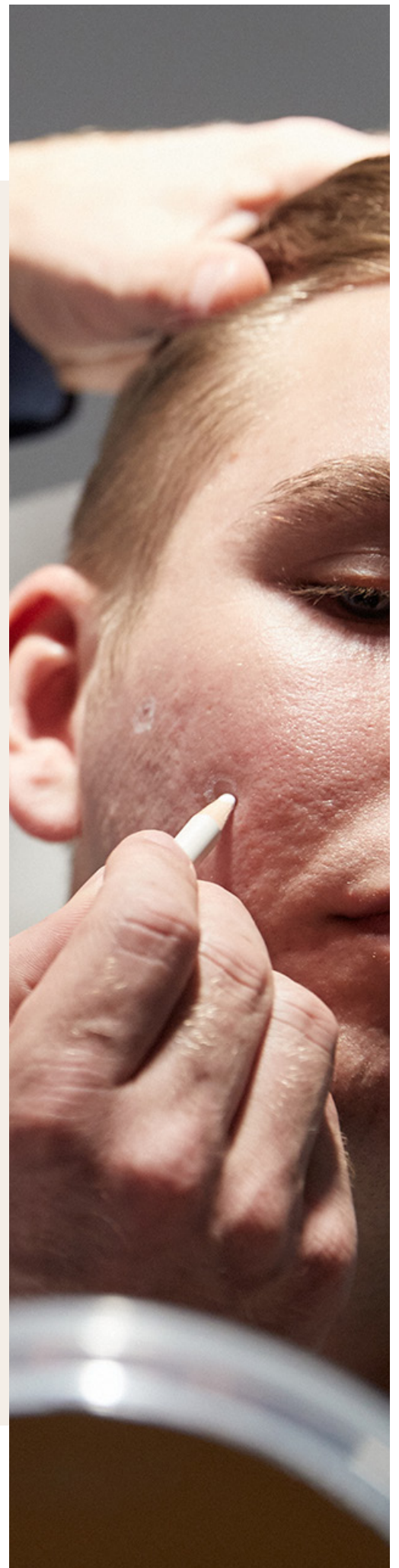


# Client guide

Cannula subcision  
and filling



**Cutis** Clinic





## Cannula subcision and filling

### **What is subcision**

Subcision is a surgical procedure that is performed in local anaesthesia. Subcision is effective for lifting tethered rolling scars, which may form after deep acne (nodules and cysts). Rolling scars are often tied or anchored in the subcutaneous tissue with threads of scar tissue like branches of a tree. If these threads are not cut (subcised), one will never be able to achieve a satisfactory result with other treatment modalities like lasers.

### **What are the realistic results of subcision?**

There are two main types of subcision:

1. Blunt: Cannula subcision with filler
2. Sharp: Taylor Liberator subcision or Nokor subcision

For further information on Taylor Liberator Subcision, we kindly recommend you to read the patient information on this procedure.

When performed correctly, the results of cannula subcision with filler will show gradually as a significant and permanent improvement of tethered scars. It may be advised to repeat cannula subcision, as each procedure breaks some scar bands under the scar (tethers) and induces more collagen production and skin remodelling. Some of our patients return 3-4 times per year for cannula subcision, as the skin heals slowly and scars continue to improve over time.

Some scars are not only depressed due to tethers, but also due to atrophy which is loss of collagen and/ or fat. In these cases, subcision may be combined with a filler injected under the skin to restore volume. We use different brands of fillers such as Hyaluronic acid fillers (HA) e.g. Restylane, Belotero, or Yvoire. In theory, the filler will work as a buffer to reduce reattachment of scar bands. This technique is called “subcision and filling” and may be repeated after 3 months or longer. The filler lifts the scar and long term results are good, as both the HA filler and the surgical procedure will stimulate collagen production over many months.

Another type of filler used for widespread scarring is dilute Ellanse, Radiesse or Sculptra, which are semi-permanent and bio-stimulating fillers that last for up to four years. These fillers will not immediately raise the scars dramatically, but over 6 months the effect will be noticeable as collagen forms under the scars. Ellanse, Sculptra, or Radiesse could be used as the foundation with early subcision followed by HA fillers with later subcision for individual scars.

### **What is the difference between hyaluronic and semi-permanent fillers?**

Hyaluronic acid (HA) fillers are gradually dissolved by your own immune system and HA may be dissolved with Hyalase injections if you want the filler to be removed.

Ellanse, Sculptra or Radiesse can not be dissolved. They work as “bio-stimulators” that kick-start the production of collagen and elastin, and this process takes up to 6 months.

The result of subcision and filling is an immediate reduction of depressed scars. With dilute semi-permanent fillers the swelling goes down in a few days, whereas HA fillers will continue to add volume in the treatment site for up months.

### **Can more treatments be combined for acne scars in the same session?**

As part of an individual acne scar revision program, deeper scar revision like subcision may be combined with superficial scar revision like fractional laser resurfacing, RF

microneedling, TCA cross, chemical peels, etc. Different treatments may be performed on the same day.

### **How is subcision performed?**

We start by assessment of your skin to map the scars that are suitable for subcision. The skin is cleaned, disinfected and numbed with local anaesthesia using a thin needle. Anaesthesia is uncomfortable, but subcision is usually a painless procedure.

Minor tethered scars are released with the blunt **Cannula**, whereas severely tethered scars may be released with **Taylor liberator** or **Nokor** needle. Cutting subcutaneous scar tissue immediately lifts the scars. After subcision, the skin may be cooled to reduce the risk of bruising. You may have antibiotic tablets (Azithromycin 500 mg - take one tablet daily for 3 days) or an antiseptic ointment (Fucidin) delivered at the treatment day, depending on the extent of the scarring and complexity of the treatment. We will thoroughly go through the aftercare with you.

### **How do I look after subcision and fillers?**

Many patients are surprised how quick they recover after cannula subcision with fillers. Allow up to 5 days for the swelling to subside. Most swelling is due to the local anaesthesia (often 10 mL injected). Please be aware that following Nokor or Taylor liberator subcision, discrete swelling may remain for up to 6 months.

### **How is skin care after cannula subcision with filler?**

We will provide you with thorough information after the treatment.

When using dilute semi-permanent fillers, the treated area should be gently massaged in circular motions for two minutes, twice daily for two weeks (“the rule of 2”). Use a moisturiser on the skin surface as a glide medium. You may start massaging the skin on the first night after the procedure. Massaging the skin will gently distribute the filler evenly in the area to prevent lumps under the skin.

## What are the potential side-effects of subcision and filler?

We strive to achieve optimal results with paramount safety and follow-up. However, there is a risk with any surgical procedure.

Cannula subcision is performed in different skin layers with a low risk of damage to blood vessels (redness, swelling, bruising, haematomas) and an extremely low risk of damaging the nerves (neuropraxia). Infection and formation of new scars is a risk whenever the skin surface is compromised. The risk is very low.

Rarely, a lump is felt after a few weeks. This could be a haematoma (blood) or filler. Haematomas usually resolve over time - this may take 3 months or longer. This process may be accelerated with repeated massage, applying hot dressings for 10-15 minutes a couple of times per day, or by intake of Aspirin tablets orally. Alternatively, your GP or dermatologist may inject a small amount of corticosteroid or Hyalase into the haematoma.

Allergic reactions have been reported to anaesthesia and fillers. Please report to us if you suffer from allergy to local anaesthetics (Lidocaine or Xylocaine).

Skin colour changes (hypo- og hyperpigmentation) are extremely rare after subcision and are most often seen in darker skin types after sun exposure post-treatment.

Infection and scarring are extremely rare after subcision, but in case of any clinical signs of infection (fever, increased redness, swelling, pain, warmth) you should see a doctor immediately and possibly treat with antibiotics.

## What are the contraindications of subcision and filler?

Subcision is not suitable for people who form wide, thick scars (keloids). If you have a skin infection (e.g. significant acne), you may not be treated. If you are pregnant you also cannot have the treatment. If you have allergies to anaesthesia we have the possibility of sedating you.

## How to book an appointment?

You may book at [www.cutisclinic.dk/online-booking/](http://www.cutisclinic.dk/online-booking/) or e-mail: [info@cutisclinic.dk](mailto:info@cutisclinic.dk) or call our office at +45 70207066.



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## Revision of client guide

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