

Backstop in the right position during injection

### EN INSTRUCTIONS FOR USE FOR BELOTERO® BALANCE LIDOCAINE

#### Device Description

BELOTERO Balance Lidocaine is a sterile, non-pyrogenic, viscoelastic, colorless, transparent cross-linked sodium hyaluronate gel of non-animal origin in a physiological phosphate buffer.

BELOTERO Balance Lidocaine contains 0.3 % of lidocaine hydrochloride.

#### Presentation

BELOTERO Balance Lidocaine is presented in a single use pre-filled glass syringe sterilized by moist heat. Each box contains one instruction leaflet, one syringe, two traceability labels and two sterile CE-marked needles for single use only. The dimensions of needles are as stated on the external box.

#### Composition

Cross-linked sodium hyaluronate: 22.5 mg/ml

Lidocaine hydrochloride: 3.0 mg/ml

Phosphate buffer pH 7 q.s.: 1 ml

Sodium hyaluronate is produced by fermentation of *Streptococcus equi*.

#### Intended Use / Indications

##### Intended Use

BELOTERO Balance Lidocaine is an injectable biodegradable implant intended for filling of moderate facial wrinkles and folds as well as for lip enhancement.

The presence of lidocaine aims to reduce local pain associated with the injection of the gel and to improve patient comfort.

##### Indications

BELOTERO Balance Lidocaine is indicated for injection into the superficial to mid-dermis for treatment of naso-labial folds, marionette lines, perioral lines and moderate oral commissures. BELOTERO Balance Lidocaine is indicated for submucosal or subcutaneous injection for lip enhancement.

## Posology and administration method

BELOTERO Balance Lidocaine is designed to be injected into the superficial to mid-dermis by authorized practitioners who have appropriate training, experience, and who are knowledgeable about the anatomy (explicitly about the distribution pattern of labial arteries) at and around the site of injection in order to minimize the risk of potential complications.

BELOTERO Balance Lidocaine can be injected with the blanching technique. Submucosal or subcutaneous injection is recommended for lip enhancement.

Inject BELOTERO Balance Lidocaine slowly and not too fast to apply the least amount of pressure necessary, according to the appropriate injection technique using the provided needles.

The risk of an intravascular injection can be reduced by different strategies, including aspiration prior to injection, utilizing lower volumes and serial injections in high-risk areas, treating one side at a time, pinching/tenting the skin to provide more space superficial to the branches of the main arteries, and manual occlusion of the origin of the supratrochlear vessels with the non-dominant finger. Blunt cannulas may reduce, but not eliminate the risk.

General recommended injection techniques are for example: linear or serial threading, fanning, cross-hatching or serial puncture. The quantity of product to be injected depends on the area to be corrected.

BELOTERO Balance Lidocaine must be injected under appropriate aseptic conditions into healthy, non-inflamed skin. Before injection, thoroughly disinfect the area to be treated.

To ensure optimal use of BELOTERO Balance Lidocaine, it is recommended to assemble the needle according to the diagrams below. Improper assembly may lead to a separation of the needle and syringe and / or leakage of the gel at the Luer-lock connection during injection.

If the needle becomes obstructed and the injection pressure is too high, stop the injection and change the needle.

The practitioner should note that the use of 30G½" needle requires greater force to inject the gel than 27G½" needle.

The quantity of the gel to be injected depends on the area to be treated and the correction to be achieved. Do not over-correct.

The graduations on the syringe label are only intended for orientation for the user.

Gently massage the treated area after the injection to distribute the product uniformly.

Before treatment, the patient's suitability for the treatment and the patient's need for pain relief (topical anesthetics, ice packs, distraction techniques, local anesthetic injections, or nerve blocks depending on the injection site and size of needle used), should be assessed.

## Contra-indications

BELOTERO Balance Lidocaine is contra-indicated:

- In case of known hypersensitivity to one of the product's components, especially to sodium hyaluronate, lidocaine hydrochloride, BDDE or to other amide-type local anesthetics,
- In pregnant and breast-feeding women,
- In patients under 18 years old,
- In patients presenting a general infection,
- In patients presenting an active auto-immune disease.

Do not inject BELOTERO Balance Lidocaine into blood vessels.

Do not inject BELOTERO Balance Lidocaine into areas presenting cutaneous inflammation or infection due to e.g. immunological, allergic, bacterial, fungal or viral causes.

Do not inject BELOTERO Balance Lidocaine into an area previously treated with a permanent dermal filler.

Do not inject BELOTERO Balance Lidocaine in the glabellar or nose region.

## Precautions for use

Health care practitioners are encouraged to discuss all potential risks of soft tissue injection with their patients prior to treatment and ensure that patients are aware of signs and symptoms of potential complications.

In the absence of available clinical data on tolerance of the injection of BELOTERO Balance Lidocaine in patients presenting a history of severe multiple allergies or anaphylactic shock, the practitioner must decide whether to inject BELOTERO Balance Lidocaine on a case-by-case basis depending on the nature of the disease as well as the associated treatment as it may worsen the existing patient health condition. It is recommended to carefully monitor these persons after injection.

It is recommended not to inject BELOTERO Balance Lidocaine in patients with a history of streptococcal diseases and in patients pre-disposed to hypertrophic scars or keloids.

BELOTERO Balance Lidocaine injected in the forehead (excluding glabellar) area may be associated with an increased risk for intravascular complications and the consequences of local vascular occlusion, embolization, vision impairment, blindness ischemia, necrosis or infarction.

BELOTERO Balance Lidocaine injected in the periorbital region may be associated with an increased frequency and severity of side effects and adverse events. In the tear trough area, inject deep on the bone below the orbicularis oculi muscle.

BELOTERO Balance Lidocaine can be used in combination with other Belotero® products during the same session but in different facial areas. Instructions for use of each product should be followed.

Limited clinical data is available on the injection of BELOTERO Balance Lidocaine into patients with a Fitzpatrick skin type V/VI.

BELOTERO Balance Lidocaine can be used in combination treatments such as with botulinum toxin and/or calcium hydroxylapatite (Radiesse®) only if injected in different facial areas. Practitioners should be experienced and patients appropriately selected as benefits but also adverse events can be cumulative and causality of adverse events could become difficult to determine. Instructions for use, depth of injection and appropriate recommendation of each product should be followed. No clinical data are available on the injection of BELOTERO Balance Lidocaine into an area already treated with other filling aesthetic products or procedures.

BELOTERO Balance Lidocaine must not be used in association with other aesthetic techniques such as peeling, dermabrasion, or any type of laser treatment before complete healing of the last treatment. In any case, even if the healing occurs earlier, BELOTERO Balance Lidocaine must not be used earlier than 2 weeks after the last treatment. No clinical data is available on the combined use of BELOTERO Balance Lidocaine with the above-mentioned treatments.

Patients using anti-coagulation, anti-platelet, or thrombolytic medications (e.g. warfarin), anti-inflammatory drugs (oral/injectable corticosteroids or non-steroidal anti-inflammatory drugs (NSAIDs; e.g. aspirin, ibuprofen)), or other substances known to increase coagulation time (vitamins or herbal supplements, e.g. Vitamin E, garlic, Ginkgo biloba and St. John's Wort), from 10 days pre- to 3 days post-injection may have increased reactions of hematomas, nodules or bleeding at the injection site. Injection of BELOTERO Balance Lidocaine into patients with a history of previous herpetic eruption may be associated with reactivation of the herpes (HHV related diseases, e.g. pityriasis rosea).

In cases of patients suffering from epilepsy, impaired cardiac conditions, severely impaired hepatic function or severe renal dysfunction or porphyria, the practitioner must decide whether to inject BELOTERO Balance Lidocaine on a case-by-case basis depending of the nature of the disease as well as the associated treatment.

Practitioners and athletes should consider that lidocaine may produce positive results to anti-doping tests.

It should be noted that the presence of lidocaine may cause local redness, hypersensitivity or transient loco-regional numbness.

For normal healthy adults, it is recommended that the maximum total dose of lidocaine HCl (without epinephrine) does not exceed 300 mg (or 4.5 mg/kg) per session. Overdosage of lidocaine HCl usually results in signs of the central nervous system or cardiovascular toxicity.

When using concurrently (topical administration...), the total administered dose of lidocaine should be considered. The concomitant use of other local anesthetic agents or agents structurally related to amide-type local anesthetics should also be considered since the systemic toxic effects may be additive.

Care should be taken for patients with congenital methemoglobinemia, with glucose-6-phosphate dehydrogenase deficiencies and patients who are receiving concomitant treatment with methemoglobin-inducing agents.

Check the integrity of the inner packaging and the expiry date for both the syringe and the needle prior to use. Do not use these products if the expiry date has lapsed or if the inner packaging has been opened or damaged.

Do not transfer BELOTERO Balance Lidocaine into another container and do not add other substances to the product.

Only the gel is sterile, but not the outside of the syringe.

Discard the syringe, the remaining product and the needles in the appropriate container after use.

Do not re-sterilize and do not reuse due to the associated risks including infection.

The patient must avoid applying makeup (including skin care products) for at least 12 hours after treatment as well as avoid saunas, Turkish baths and prolonged exposure to the sun, UV rays, extreme heat and cold for 2 weeks after the treatment.

Patients should also avoid putting pressure on and/ or handling the treated area and should avoid strenuous physical activity following treatment.

The patient must avoid drinking alcohol for 24 hours before and after treatment. Alcohol may cause the blood vessels to dilate and cause more bruising.

There is no known interaction with other local or loco-regional anesthetics.

## Warnings

- Sodium hyaluronate precipitates in the presence of quaternary ammonium salts (such as benzalkonium chloride). It is therefore recommended that BELOTERO Balance Lidocaine does not come into contact with such substances.

- Rare but serious adverse events associated with the intravascular injection of soft tissue fillers in the face have been reported and include temporary or permanent vascular complication, vision impairment, blindness, cerebral ischemia or cerebral hemorrhage, leading to stroke, skin necrosis, and damage to underlying facial structures. Practitioners should immediately stop the injection if a patient exhibits any of the following symptoms, including changes in vision, signs of a stroke, blanching of the skin, or unusual pain during or shortly after the procedure. Patients should receive prompt medical attention and possibly evaluation by an appropriate health care practitioner specialist should an intravascular injection occur.

## Side Effects and Adverse Events

Patients must be informed by the practitioner about possible side effects before treatment.

- Side effects:

Injection site reactions may occur following injection into the skin but disappear spontaneously within a few days. This includes swelling, nodule or lump/bump, bruising/purpura, hematoma, ecchymosis, induration, erythema/redness, tenderness, pain, discoloration and pruritus/itching, tingling, paraesthesia, numbness, hypoesthesia, scabbing, needle mark and discomfort or irritation. These injection site reactions are generally of mild or moderate intensity. A transient bleeding may also occur at the injection site and usually stops spontaneously as soon as the injection is finished.

- Adverse events:

In occasional cases, one or more of the following may occur either immediately or as a delayed reaction: acne cystic, milia, skin dryness (rough facial skin, exfoliation), injection site erosion, inflammation, shivering, fatigue, lymphatic system disorder, rash, burning sensation, injection site sore/warmth/fever, pruritus/itching, urticaria, hematoma, telangiectasia, ecchymosis, edema (including lymph edema), headache/cephalgia, tumefaction, tension, swelling (including persistent swelling), hyper- or hypo-pigmentation, angioedema, induration, blister, vesicle, papule, lump/ bump (visible and/or palpable material) or nodule (including inflammatory nodules), mass, granuloma (including inflammatory signs and foreign body reactions), necrosis, ischemia, vascular occlusion, embolization, infarction, Tyndall effect (including translucent chords), hypersensitivity, allergic reactions (including asthma attack, Quincke's edema, anaphylactic shock or throat tightening) to one of the product's components (e.g. hyaluronic acid, lidocaine hydrochloride, BDDE), oral and dental disorders, nervous system impairment, impairment of the otorhinolaryngological system (e.g. nasal congestion, oropharyngeal pain, dysgeusia, rhinorrhea, epistaxis, sinus-

itis, transient hearing loss), mastication pain, parotid gland enlargement, muscle twitching, muscle injury/disorder, nausea, vomiting, circulatory collapse, presyncope, peripheral venous disease, hot flush, anxiety caused by trypanophobia, patient dissatisfaction and disappointment (due to lack of or reduced performance, decreased firmness/response, undesirable aesthetic effect), injection site discharge, device migration, product distribution issue (e.g. product accumulation), injection site induration, superficial vein prominence, overcorrection or cranial nerve disorder (e.g. cranial nerve paralysis, facial paralysis, trigeminal neuralgia).

Literature reported rare cases of the following adverse events with hyaluronic acid products such as infection (e.g. erysipelas, phlegmon, cellulitis, including open or draining wounds and (dental) abscess, impetigo, pustules), chronic infection (including biofilm formation), scarring, persistent skin discoloration, sensory dysfunction, non-thrombotic lung embolism as well as sarcoid granuloma formation in subjects with hepatitis C and interferon treatment, cerebral injuries (e.g. intracranial penetration, subarachnoid hemorrhage), strabismus, ophthalmoplegia, iris adhesions, cataract, conjunctival hemorrhage, eyelid ptosis and lacrimation.

The risk of granuloma, ischemia, necrosis and vascular occlusion is higher with deep injections and high volumes.

Isolated cases of visual impairment or blindness following unintentional intra-arterial injection have been reported in literature.

Patients should be instructed to report any side effects which last for more than one week and any adverse event as soon as it occurs to his / her practitioner, especially if the patient has changes in his / her vision, signs of a stroke (including sudden difficulty speaking, numbness or weakness in his / her face, arms, or legs, difficulty walking, face drooping, severe headache, dizziness, or confusion), white appearance of the skin, or unusual pain during or shortly after treatment. The practitioner may then refer the patient to the appropriate treatment.

Patients with lighter skin types are more likely to develop injection-related adverse events. However, patients with skin of color are more likely to develop post-inflammatory hyperpigmentation and / or hypertrophic scar / keloid formation following injection procedures. Patients with specific ethnic characteristics, e.g. Asian population, should be informed of a higher risk of tissue reactions, e.g. itching, swelling, erythema, inflammation.

### Assembly of needle to syringe

For optimal use of BELOTERO Balance Lidocaine it is important that the needle is properly connected to the syringe. See diagrams 1, 2, 3 and 4.

1. **Firmly hold** the glass cylinder of **the syringe and the Luer-lock adaptor** between the thumb and the index fingers.
2. Grasp the protective cap with the other hand and unscrew it.
3. **Push & Twist** the needle on the syringe **until a resistance is felt**. Do not over-tight. Over-tightening of the needle may lead to the Luer-lock moving and dislodging from the syringe.
4. Keep holding the Luer-lock and remove the sheath from the needle.

### Storage




Store between 2 °C and 25 °C. Protect from light and freezing. Avoid mechanical shocks.

### References

Updated documentation may be available from ANTEIS SA, Switzerland.

### Instructions how to use the patient implant card

An implant card is provided with BELOTERO Balance Lidocaine. This implant card must be completed by the physician according to the below instructions and provided to the patient after injection.

Number	Symbols	Details
1		Please enter the person's name
2		Please enter the date of implantation
3 - 4		Please enter the name and address of healthcare professional

5 Please enter the number of injections



6 Please enter the total volume injected



7 Please enter the injection site(s)



8 Product label Please stick here one of the product traceability label, you can keep the second one for your records.

### Important information to be provided to the patient

Instruct the patient to keep the patient implant card with her/him and to present it to her/his healthcare professional in case of other appointments. Information about previous treatment must be presented to her/his healthcare professional before treatment!



Caution



Consult instructions for use



Do not use if package is damaged



Single use product. Do not re-use



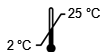
Open the blister by pulling the Tyvek lid following the arrow



Sterile. Sterilized by moist heat. Only the gel is sterile, but not the outside of the syringe.



Sterile. Sterilized by irradiation. Only the needle itself is sterile, but not the outside of the needle packaging.



Temperature limit of storage: 2 °C – 25 °C



Batch code



Use-by date



CE mark in accordance with Directive 93/42/EEC or Regulation (EU) 2017/745 relating to medical devices. This mark is followed by the notified body number.



Date of manufacture



Manufacturer

**Manufacturer of BELOTERO Balance Lidocaine**

**Anteis SA**

18 Chemin des Aulx  
1228 Plan-les-Ouates  
Switzerland

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**Date of the instructions for use**

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