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21. The method of claim 1, wherein the step of shaping occurs after both ionic and non-ionic crosslinks are formed.

22. The method of claim 1, wherein the step of selective removing occurs in the body.

23. The method of claim 1, wherein the step of selective removing is done by using a stripping agent.

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24. The method of claim 23, wherein the stripping agent is selected from the group consisting of ethylenediamine-tetracetic acid, ethylenediaminetetraacetate, organic phosphates, inorganic phosphates, sodium ions, potassium ions, lithium ions, calcium ions, and magnesium ions.

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