

Mesotherapy

Skin Conditions Treated

Loss of glow	Superficial lines & wrinkles
Dull skin	Hair thinning
Loss of tone & elasticity	Stretch marks
Hyperpigmentation	Reduction of fat deposits, for example double chin, abdomen
Loss of volume	Treatment of cellulite

Mesotherapy is a natural, minimally invasive procedure that is widely used in Europe and around the world, which can be used to nourish, hydrate and rejuvenate the skin, stimulating collagen and elastin production. Mesotherapy is also effective on a wide range of problems on the face and body.

Mesotherapy involves the micro-injection of microscopic quantities of Hyaluronic Acid, pharmaceuticals, vitamins and minerals into the skin to help it rejuvenate and repair itself. It delivers vitamins into the middle layer of skin, delivered directly to the target area. It can also be used to reduce cellulite and localizing fat deposits, by stimulation of metabolism, local circulation and fat breakdown. It involves multiple injections using a very small fine needle placed immediately beneath the surface of the skin into the problematic area/s. Just a "drop" of solution is used at each injection site. The pain during the process is usually tolerable.

Benefits of Mesotherapy treatment

Overall skin rejuvenation

Increases the firmness and elasticity of the skin

Improvement in the skin's complexion and radiance

Prevention of wrinkles and rejuvenates and revives dull, tired looking skin

Improves tone and elasticity of sagging skin on the hands, décolleté & neck area

Treats all skin types safely

Mechanism of action of Mesotherapy

In addition to stimulation of collagen and elastin production, the injected active ingredients will stimulate the body for the particular need it is injected for. For instance, if pigment is excessive, a number of active ingredients is used; if the circulation is poor, a vasodilator is used; if excessive inflammation is present, an anti-inflammatory medication is used.

What Areas Can Be Treated With Mesotherapy?

Mesotherapy is commonly used to rejuvenate skin on the face, under eyes, neck, scalp, décolletage and hands. Fat reduction can be applied anywhere but most frequently on jowls, chin, legs, buttocks, abdomen and arms.

How Many Treatments Do I Need?

For Mesotherapy to be most effective a course of 4-6 treatments are recommended at 2-4 week intervals. Some people may need more sessions, depending on the skin problem and on the area being treated. Once you complete the recommended course, the results can last around 12 months. Once you have completed your initial course you may need occasional maintenance treatments, usually one session every 3-4 months.

How long does the treatment take?

Local anesthetic is applied for approximately 30-40 minutes before your treatment to ensure client comfort. The Mesotherapy treatment itself takes between 30-60 minutes.

Is Mesotherapy treatment safe?

We use some of the best mesotherapy products available worldwide. These are certified in Europe and elsewhere for use as injection into the skin.

What are the expected side effects?

There may be some superficial swelling and signs of tiny needle marks after treatment which will settle in 24-48 hours. This may take a little longer around the eye area so clients may need a little recovery time. Although rare, other possible side effects include the appearance of bruising which will also resolve within a few days. Treatment around the eye area may take longer to settle – possibly 3-7 days.

Can I combine other anti-ageing treatments with Mesotherapy?

Mesotherapy can be used with additional rejuvenation treatments such as Botox/Dysport injections, Laser Rejuvenation, and Platelet Rich Plasma (PRP).

Before the mesotherapy treatment session

- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil, Fish oil, Ginko Biloba, and high doses of vitamin E for 7-10 days prior to procedure, as these may cause increase risk of bleeding and bruising at the treated site(s).
- Regular multi-vitamin and Paracetamol is permitted (If not contraindicated).
- Avoid alcoholic beverages for 24 hours prior to procedure as this can increase the risk for bleeding and bruising at the treated site(s).
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated.
- Come with face clean to the appointment (i.e. no makeup)!
- Take two Paracetamol tablets (if not contraindicated) 1 hour prior to your appointment to help with any discomfort you may have, if you have concerns about discomfort.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform the doctor one week prior to your appointment; this will allow us adequate time to prescribe anti-viral medication.
- Schedule your appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results will take 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period.
- Sunburn skin is difficult to treat so avoid exposure to the sun.
- Eat a small meal or a snack before your appointment. This will decrease the chances of lightheadedness during your treatment.
- Always inform your doctor of medical history and all medications, including supplements you may be taking
- If you are taking prescription blood thinners such as Warfarin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment and at least 2 days after the procedure has been done.
- If you use creams with Vitamin A (Retin-A, Differin, Acretin, SureCure ..) → Discontinue 2 days before and 2 days after treatment.
- **Many forms of mesotherapy are not advised during pregnancy or breast feeding. Ask your doctor**

After the mesotherapy treatment session

- You may apply makeup immediately following your treatment.
- Avoid facials and saunas the day of treatment.
- Do not take aspirin, voltaren or ibuprofen for 24 hours after treatment.
- Can take Paracetamol for any headaches.
- Mild pinprick bleeding, mild swelling or bruising may rarely occur, and this is temporary.
- To help with swelling and bruising you may use arnica (cream or gel), along with aloe, vitamin E and fresh pineapples!
- Remember your sunscreen every day.

***Results and benefits can vary and are different for each individual. Therefore our Clinic cannot guarantee specific results.**