

# Frequently Asked Questions on Mesotherapy

## What is Mesotherapy?

Mesotherapy is a technique of delivery of drugs, cosmetics and nutriment. It consists of performing multiple microinjections into the skin to treat various conditions in traditional & aesthetic medicine. The radical “meso” in the word Mesotherapy is coined after the mesoderm, an embryological tissue from which skin and connective tissues develop.

## Is Mesotherapy New? Where Does It Come From?

Mesotherapy was invented in the 1950's by French Dr. Michel Pistor to deliver medications just below the skin surface, as close as possible to the problem to treat. Over the past 50 years, more than 20,000 physicians worldwide have used Mesotherapy for many medical indications.

In 1987, the French Academy of Medicine recognized Mesotherapy as an inherent part of academic medicine. Today, Mesotherapy is used all over the world, including the USA, as a safe and effective alternative to the more invasive medical procedures in the practice of Cosmetic & Aesthetic Medicine.

## What are the Indications of Mesotherapy?

The indications of mesotherapy can be divided into two different groups:

1. *Medical traditional indications*, when we use mesotherapy to treat diseases. It includes the treatment of pain involving the joints, muscles, skin & nerves, which is commonly used by athletes in the world of sports. Mesotherapy is also used for the treatment of vascular or lymphatic disorders (for puffy, painful and restless legs) and some skin diseases (acne, zona).
2. *Aesthetic indications*, when patients are not sick but want to improve their body shape or facial appearance. This includes the aesthetic improvement of cellulite & localized fat deposits (e.g. love handles, tummy, saddle bags, bra bulge, or even lower eyelid fat pads) by directly injecting & melting the fat. Mesotherapy is also used in the improvement of the skin texture, volume, wrinkling, pigmentation and even sagging (the famous mesogloss and mesolifts). Finally it also includes the treatment of hair loss in men and women.

## Does it Work?

The treatment differs whether it is aimed at treating diseases or rather aesthetic indications.

For traditional diseases the technique consists of treating localized problem areas by injecting drugs in multiple, small doses as often as every week or twice a week and with a high efficiency and low side effects (due to the lowering of the doses that that techniques allows). The skin is used as a reservoir for a slow and permanent diffusion of the drugs.

For aesthetic indications (please refer to that particular paragraph), mesotherapy consists of injections of often rather important doses of sterile cosmetics and nutriments directly where it is needed to produce a local and direct effect.

## Is mesotherapy painful?

Mesotherapy is usually not a very painful technique. It greatly depends on what is injected and how it is injected.

What is injected influences the tolerance and the pain. The substances used must be compatible with each other, as well as with the skin and its acidity. Doctors know which products to mix to make up the right “cocktail” appropriate for their patients.

How it is injected depends on the skills of the practitioner and also whether or not he chooses to use a good automatic injection device (mesogun). Fully automated pneumatic powered mesoguns are usually very useful at reducing pain & are the most accurate by delivering each time the same dose at the same speed into the skin.

Also, there are various local anesthetics that can be applied onto the skin prior to the treatment or mixed into the syringe (procaine) to reduce the pain linked to the procedure.

## What are the side effects associated with the treatment?

The great thing about Mesotherapy is that there are very few side effects associated with the treatment & they are all short term.

Besides pain - which can be managed as described previously, the most common side effect is bruising, itching & soreness. Bruising can also be avoided by using the proper technique of injection. Sometimes there will be some swelling and redness associated to the injections mainly for fat melting. These side effects are only temporary and will last a few hours or at the most a few days.

## Do I qualify to receive a Mesotherapy treatment?

Mesotherapy for body sculpting and weight loss, cellulite treatment, "mesolift" skin rejuvenation & hair regrowth is suitable for all healthy adults without any age limit.

The only contraindications for a Mesotherapy treatment are: pregnancy (as for each medical procedure), blood coagulation problem, diabetes, intake of aspirin and other painkillers, needle phobia.

## How much does the treatment cost?

The cost of the procedure varies following the country & area you are seeking treatment. It will also vary on the indication you are treating (mesolift vs. fat melting) & on the products used for the treatment.

In general, price will range between 100 to 300 euros. At least 2-3 sessions over a 1-2 months will be needed for a complete treatment. Your doctor upon evaluation will decide the length of the treatment.

## How long does it take for the first results to show?

With the use of the proper technique and products, expect the following results for each indication:

For fat melting & cellulite: from 1 to 2 sessions for first results to appear.

For skin glow: immediately after first session.

Skin rejuvenation and hair regrowth: results appear after 3 to 4 sessions.

## How long do the results last?

Results can last for years especially when an appropriate maintenance strategy is applied (maintenance sessions are recommended on average every 2 to 3 months).

For fat & cellulite treatments, it is important that as for any other treatment, one has to maintain a good diet & exercise program in order not to gain the weight back.

## Can Mesotherapy replace liposuction?

Mesotherapy is a safe substitute for liposuction, solely in the treatment of localized and limited fat deposit & cellulite and/or when surgery is contraindicated. Liposuction is a quicker, more drastic and extensive procedure for fat removal but which often requires general anesthesia. Liposuction also leaves some scars in the area where fat was removed.



More information

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