



Save Face

Mesotherapy Fact Sheet



Patient information

Mesotherapy

What is mesotherapy ?

Pioneered by the French physician Dr. Michel Pistor in 1952, Mesotherapy is a blanket term for treatment that involves multiple microinjections, in theory, delivering active, therapeutic ingredients directly into the skin. In the 1950's mesotherapy was a medical

technique to first treat blood circulatory problems, sports injuries and medical conditions such as rheumatism. Mesotherapy today is popular in cosmetic practice for skin rejuvenation, hair regrowth and localised fat reduction.

How Does it Work?

Mesotherapy is a skin rejuvenation treatment that delivers various nourishing substances into the layers of the skin where cell repair and growth occurs. There are numerous types of vitamins, amino-acids, minerals, hyaluronic acids, all essential components for healthy skin cells, that can be delivered by mesotherapy.

Mesotherapy involves either multiple injections, or multiple needle punctures where topical serums have been applied to the skin.

*There are many mesotherapy based vitamin injections that deliver substances into the skin without supporting clinical data on the safety or efficacy.

Used to treat

Usually treating the face, neck, décolletage and or hands;

- ↳ Dull skin
- ↳ Dry skin conditions
- ↳ Sun damaged skin
- ↳ Superficial lines and wrinkles
- ↳ Hair loss
- ↳ Small pockets of fat
- ↳ Cellulite

Does it hurt?

Local anaesthetic cream may be applied prior to treatment to numb the skin, this need not be a painful treatment but some of the ingredients may sting or burn.

After treatment

The skin may have pin prick marks & tiny blebs/bumps at the injection site dependent on the device and or product used to administer the product.

There may be some redness, swelling, tenderness, bruising which should settle within days.

Makeup should not be worn for 12 hours

Results will not be immediate, but will develop over time. and a course of treatment will be required as advised by your clinician.

How long will it last?

Mesotherapy for skin rejuvenation is generally given in a course of treatments with results lasting between 3-5 months. Top up treatments will be required to maintain the results. Treatment protocols vary depending on the indication and serum used.

Is it suitable for me?

There are a number of medical conditions and or medicines that may affect the decision to treat or the treatment plan.

A full medical history and assessment of your expectations is necessary in advance of any decision to treat.

With any injectable treatment;

Treatment is not recommended if you are suffering from any skin infection in or near the treatment area or are unwell in any way (even a cold).

If you have previously experienced allergic reactions to any of the ingredients or local anaesthetic

If you are taking any medicines which affect bleeding, such as aspirin or warfarin. If you are taking steroids or have autoimmune disease.

If you have any bleeding disorders.

If you suffer from a poorly controlled medical condition

If you are pregnant or breastfeeding

If you are currently or have recently completed a course of Roacutane (Isotretinoin acne treatment) in the last 18 months.

If you are pregnant or breastfeeding

If you have active acne

If you have a previously been treated with a permanent injectable implant.

If you have suffered from keloid scars

Scleroderma

Epilepsy

Caution

Injections on the face can trigger the cold sore virus. If you are a sufferer, you must advise your clinician in advance of treatment.

If you are planning to attend a special event when a bruise, should it occur, would be unacceptable to you.

Some over the counter medicines and supplements can also affect bleeding (make you more prone to bruising) as can alcohol- which should be avoided the day before and after treatment.

Vigorous exercise, sun exposure, sun beds, sauna should be avoided for 48 hours, or as advised by your clinician, after treatment.

If, having had treatment, you are at all concerned about symptoms you were not expecting or not happy with, please contact the practitioner for advice. If necessary an appointment will be made for you to be seen.

Consumer Check List

Expect

To be seen by a, doctor, nurse or dentist for your consultation and assessment
To have sufficient time to consider all the information- avoid making hasty decisions
To be treated by a doctor, nurse or dentist
A follow up appointment if necessary or desired

Ask Questions

What is this treatment/product?	time frame?
How does it work?	Are you able to treat complications, should they occur?
What are the side effects/risks?	What happens if I am not happy with the result?
What are the alternatives I might consider?	Is it painful? How do you minimise pain?
What results can I expect?	What aftercare am I expected to perform?
What will I look like immediately after?	What will it cost and what are the payment terms?
How long will the results last?	
How many treatments will I need and in what	

Check

You may check the qualifications of a doctor (www.gmc-uk.org), Nurse (www.nmc-uk.org) and dentist(www.gdc-uk.org)	medicine to be used and make a note of it for future reference, should you later see another clinician.
Ask to see the unopened box of product/	

Be Safe

- Do not proceed with treatment if you do not feel comfortable with the practitioner
- Do not proceed with treatment if you do not fully understand the information you are given
- Take the necessary time to make your decisions
- Ask the practitioner to show you the product in its unopened package prior to treatment.
- Make a note of the practitioner's name and product used for future reference
- Ask for copies of before and after photographs for your reference
- Do not have treatment in your home, at 'parties' or exhibitions or in environments that are clearly not clean or appropriate.