

MesoTherapy Lipolysis Fat Reduction Treatment Information

This information is provided to you to ensure the best results and the least side effects from your MesoTherapy Treatment.

MesoTherapy is designed to reduce fat pockets and fatty areas that have been resistant to diet and exercise. Many body areas are amenable to MesoTherapy – a treatment that has been popular in Europe for over 50 years. The treatment consists of multiple microinjections of a special blend of prescription solutions into the fatty tissue.

MesoTherapy works by **disrupting the fat cell wall**, allowing the body to flush out the fat from the treated area. This method of fat removal allows the physician to finely target your problem areas. Many post-lipo patients find MesoTherapy fine-tunes the results.

Depending on the size of the area you have chosen to have treated, you may receive up to several hundred mini-injections at one session. You will have numbing cream applied to your skin for a minimum of 30 minutes prior to treatment. This area will be covered with a plastic dressing to improve penetration and to protect your clothing.

For legs, abdominal and lower back treatments, you will be lying down. For treatment of upper arms, upper back, and the face and neck areas, you will be in a sitting position.

Pre Treatment:

- Please do not take aspirin, Vitamin E or anti-inflammatories such as Motrin or Advil for several days before treatment.
- If you are having areas near your underarm treated, do not apply antiperspirant the day of treatment.
- If you are concerned about discomfort, you may take a Tylenol before you come to the office.

MesoTherapy is not painless, but most people tolerate the injections without the use of prescription medication.

Post Treatment:

- During the treatment and soon thereafter for a short time you will experience some stinging or burning within the area treated. This is expected and is an indication that the injected solutions are “going to work” to dissipate the fat cells.
- You will also have some mild itching sensation for 2 to 3 days following treatment. If this becomes bothersome, you may take a non-prescription anti-histamine like Benadryl or similar other the counter medication.
- You will be bruised for 7 to 10 days.
- There will be swelling and a possible sensation of “liquid” under the skin. Again, these are expected. To improve results and make you more comfortable, wearing garments with compression material are suggested the first 3 to 7 days post-treatment.

Support Suggestions: Abdominal and “girdle” type garments, waist cinchers, bike shorts, Spanx pantyhose and cellulite shorts work well for lower body. Sports bras are suggested for upper body treatment. These are suggested more for your sense of comfort as opposed to necessity. A “jaw bra”, available through a medical supply store or from our office is suggested if you have injections in your lower face.

Do not take anti-inflammatories such as motrin, ibuprofen, aspirin, or anti-bruise capsules such as Sinnech or products containing Arnica. You will get better end results if you avoid these medications.

Acceptable medication - If you feel you need something for discomfort, **use Tylenol** (acetaminophen).

You *want* your body’s natural inflammatory response to the injected medication so taking Motrin, Advil or forms of ibuprofen will decrease the effectiveness of the treatment.

Special Considerations for Concentrated Dose Treatments:

If you elected to receive concentrated dose MesoTherapy you may experience some temporary nausea and/or diarrhea several hours after your treatment session. If you are usually extra-sensitive to medications, you may experience both of these temporary side effects with typical levels of medication.

Injected Medication:

Primary prescription ingredient in your MesoTherapy Fat Reduction injections: phosphatidylcholine. Phosphatidylcholine is a phospholipid extracted from soybean lecithin present in abundance in cell membranes, actively participating in the structure and transport between the cells.

All medicines used are FDA-approved for their use. In combination, medicines for Mesotherapy are used for off-label purposes. A recent illustration of this distinction is Botox. Although Botox was FDA approved for controlling muscle spasms, the medical community embraced it for its cosmetic properties of controlling wrinkles. For many years, plastic surgeons and dermatologists used Botox for off-label purposes.