

# MESOTHERAPY PROTOCOLS

*Effective Treatment for:*

**LOCALIZED FAT**

- Stomach
- Hips
- Buttocks
- Thighs
- Love Handles
- Upper Arms

**BODY SCULPTING**

**STRETCH MARKS**

**CELLULITE**

**AGING SKIN**

**ALOPECIA**



# DIRECTORY OF PROTOCOLS

## 1. Localized Fat Reduction - Body

### Localized Fat Protocol #1

Formula 1  
Formula 2  
Formula 3  
Formula 4

### Localized Fat Protocol #2

Formula 1  
Formula 2  
Formula 3  
Formula 4

### Localized Fat Protocol #3

Formula 1  
Formula 2

### Localized Fat Protocol #4

Formula 1  
Formula 2  
Formula 3  
Formula 4  
Formula 5

## 2. Localized Fat Reduction - Eye Fat Pads

### Eye Fat Pads Protocol #1

Formula 1

### Eye Fat Pads Protocol #2

Formula 2

## 3. Localized Fat Reduction - Face & Neck

### Face and Neck Protocol #1

Formula 1  
Formula 2  
Formula 3

## 4. Cellulite

### Cellulite Protocol #1

Formula 1  
Formula 2  
Formula 3  
Formula 4  
Formula 5

### Cellulite Protocol #2

Formula 1  
Formula 2  
Formula 3  
Formula 4

### Cellulite Protocol #3

Formula 1  
Formula 2  
Formula 3  
Formula 4

## 5. Skin Rejuvenation - MesoLift & MeoGlow

### Skin Rejuvenation Protocol #1

Formula 1  
Formula 2  
Formula 3

### Skin Rejuvenation Protocol #2

Formula 1  
Formula 2  
Formula 3  
Formula 4  
Formula 5

### Skin Rejuvenation Protocol #3

Formula 1  
Formula 2  
Formula 3

### Skin Rejuvenation Protocol #4

Formula 1

### Skin Rejuvenation Protocol #5

Formula 1

## 6. Alopecia - Hair Loss

### Alopecia Protocol #1

Formula 1  
Formula 2  
Formula 3

### Alopecia Protocol #2

Formula 1

### Alopecia Protocol #3

Formula 1  
Formula 2  
Formula 3

## 7. MesoBotox

### MesoBotox Protocol #1

Formula 1

## 8. MesoBoost

### MesoBoost Protocol #1

Formula 1  
Formual 2

SHOULD YOU REQUIRE ADDITIONAL INFORMATION ON APPLICATION, PROTOCOLS OR PRICING PLEASE EMAIL US AT [info@mesotherapyworldwide.com](mailto:info@mesotherapyworldwide.com) or call us on +61 2 9698 7952.

# LOCALIZED FAT REDUCTION - BODY

Many names have emerged with the surge in the popularity of Mesotherapy and the use of Phosphatidylcholine for the removal of localized fat had been coined many terms: Lipodissolve, MesoSculpt, Thinject, Mesoplasty, FlabJab, Melt Away...

The procedure for localized fat consists in multiple injections within the fat of a mixture of primarily Phosphatidylcholine (PPC). Additions of medications including Hyaluronidase, Artichoke and Collagenase are also indicated.

## OVERVIEW OF PROCEDURE:

**Injection Depth:** 6mm to 13mm

**Injection Spacing:** 2 - 10cm apart

**Injection Amount:** 0.2cc - 0.8cc

### Injection Technique:

1. Perform the procedure with the patient lying down. Position the patient to present the best angle for application, which must always be perpendicular to the skin. Inject with the bevel of the needle upward.
2. Map the area to be treated in each session.
3. Introduce the drugs smoothly with a regular interval between each dose.
4. Take care to respect the locations of the vascular and nervous systems, in order to diminish the possibility of hematoma.

### Primary Ingredients Used:

Phosphatidylcholine. 100mg/ml

Procaine 20mg/ml

Aminophylline

L-Carnitine 500mg/ml

### Dosage:

- The maximum dose of PPC in one session over multiple areas should be should be 2500mg. It is advisable to do an initial session using no more that 500mg to see side effects etc.
- Lidocaine or Procaine is suggested to be used in conjunction with PPC.
- When the ingredients are reconstituted they must be used within 24 hours or discarded.

**Treatment Schedule:** 1 4 weeks apart this is dictated by which protocol is used. The number of treatments required varies depending on the amount of and location of fat being treated, the goals of the individual patient and whether they are following a healthy diet and exercise regimen.

### Pre Treatment:

Local anesthetic cream can be applied prior to treatment, not essential but may be helpful for sensitive patients. Ice can be applied prior to treatment. Ice will achieve the numbness of anesthetic and also help reduce swelling.

### Post Treatment:

Encouraged 72 hours after treatment and continued daily between treatments massage can be effective in reducing the instance of nodules.

Loose clothes are advised to be worn after treatment for 2-3 days.

### Considerations:

PPC is not recommended for children, pregnant women, nursing mothers, diabetics with vascular concerns, and persons with autoimmune diseases, people who have liver disease, persons who are severely obese or anyone with an acute or chronic infection.

Beta Blockers and Hypothyroidism can diminish results.

### Side Effects:

Swelling, redness and bruising may result.

# ALOPECIA - HAIR LOSS

Mesotherapy can be helpful regarding nutritional and androgenic hair and can treat alopecia by restoring micro-circulation of the scalp, inhibiting 5 alpha reductase and stimulating the hair follicles.

## OVERVIEW OF PROCEDURE:

Injection Depth: 1mm to 4mm

Injection Spacing: 1 - 2cm apart

Injection Amount:

Injection Method: Nappage or Point by Point Method.

## Injection Technique:

1. Disinfect area to be treated with appropriate solution.
2. Place the patient in the sitting position.
3. Draw up the required quantity of ingredients into the syringe using an 18G x 1 1/2" needle.
4. As required, fit the syringe in the pistol and connect the 30G x 1/2" or 4mm 30G Mesotherapy needle to the syringe.
5. Start injecting the solution using Point by point or Nappage Technique.
6. Position the needle at a tangent to the skin depending on its thinness over the scalp.

## Primary Ingredients Used:

Biotin

Zinc

Minoxidil

Finasteride

Dutasteride

## Action of Ingredients:

1. Biotin - It is converted to carboxybiotin, acting as a cofactor in carboxylation and carboxyl radicals in the biosynthesis of fatty acids. Indications: Alopecia, as well as Acne, Glossitis & Seborrheic Dermatitis.

2. D-Panthenol - It is converted in the organism to the acid form. Pantethine is the bioactive form. There is energy production at the hair follicle. Indications: Loss of hair color.

3. Zinc - A non-steroidal inhibitor of 5 alpha reductase. Androgenetic alopecia is linked to a genetic excess of the enzyme at the hair follicle. It is also involved in the conversion from inactive androgens to dihydrotestosterone.

4. Finasteride - Synthetic agent with androgenic activity. It is a specific steroidal competitive inhibitor of 5 alpha reductase and assists in lowering the concentrations of dihydrotestosterone in plasma and tissue.

## Schedule of Procedure:

The schedule of sessions varies according to the protocol but generally 1 session per week for 1 month then monthly sessions followed by maintenance sessions every 1-3 months.

## Pre Treatment:

Local anesthetic cream can be applied prior to treatment, not essential but may be helpful for sensitive patients.

## Post Treatment:

Suggest a topical solution (e.g Minoxidil & Progesterone) or an oral preparation to be administered between treatments.

## Considerations:

It is not always possible to thoroughly disinfect the area to be treated; however, the scalp is recognized as being particularly resistant to infection.

No pregnancy should be allowed when using Dutasteride.

## Side Effects:

Itching, redness and minor bruising may result.

# Alopecia Protocol #1

Injection Depth: 1 - 4mm

Injection Spacing: 1cm apart

Injection Amount: 0.15 - 0.2cc per injection

Total Injected Volume: 6 - 8cc

Injection Method: Nappage Method

Equipment:

18G 1 ½ inch drawing up needle

Disinfectant

Manual Application: 1-3cc syringe and 4mm 30G Mesotherapy Needle

Mesotherapy Gun Application: 1 - 5cc syringe with 6mm 30G Mesotherapy Needle

Procedure:

1. Disinfect area to be treated with appropriate solution.
2. Place the patient in the sitting position.
3. Draw up the required quantity of ingredients into the syringe using an 18G x 1 1/2" needle.
4. As required, fit the syringe in the pistol and connect the needle to the syringe.
5. Start injecting the solution using Nappage Method.
6. Position the needle at a tangent to the skin depending on its thinness over the scalp.

Treatment Schedule: Schedule treatments once per week for 4 weeks

Maintenance Schedule: Every 4-6weeks.

*Choose either one of the following formulas.*

## FORMULA 1

6cc syringe volume

3cc Biotin 10mg/ml

3cc D-Panthenol 500mg/ml

## FORMULA 2

6cc syringe volume

4cc Biotin 10mg/ml

2cc Minoxidil 0.2%

## FORMULA 3

6cc syringe volume

4cc Biotin 10mg/ml

2cc Dutasteride 0.1mg/ml

*Formula 3 This formula is indicated for Male Pattern Baldness and PCO's in females.*

*No pregnancy should be allowed when using Dutasteride.*



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