

# 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.

## Localized Fat Protocol #1

Indications: Suitable for localized fat on the body.

Injection Depth: 12mm

Injection Spacing: 4cm apart

Injection Amount: 0.4cc

Total Injected Volume: 5 - 20cc

Injection Method: Point by Point

### Equipment:

18G 1 ½ inch drawing up needle

Disinfectant

Manual Application: 5ml syringe with ½ inch 30G Mesotherapy needle

Mesotherapy Gun Application: 5cc - 20cc syringe with ½ inch 30G Mesotherapy needle

### Procedure:

1. Disinfect the area to be treated appropriate solution.
2. Map the area to be treated in each session.
3. Perform the procedure with the patient lying down.
4. Draw up the required quantity of ingredients
5. Start the injection of ingredients in the area to be treated. Introduce the drugs smoothly with a regular interval between each dose.
6. Take care to respect the locations of the vascular and nervous systems, in order to diminish the possibility of hematoma.

Treatment Schedule: Every 2 - 4weeks

*Choose either one of the following formulas.*

### FORMULA 1

*10cc syringe volume*

4cc Phosphatidylcholine 100mg/ml

4cc L-Carnitine 500mg/ml

2cc Procaine 2%

### FORMULA 2

*5cc syringe volume*

2cc Phosphatidylcholine 100mg/ml

2cc Caffeine

1cc Procaine 2%

### FORMULA 3

*10cc syringe volume*

4cc Phosphatidylcholine 100mg/ml

4cc Caffeine

2cc Yohimbe

2cc Procaine 2%

### FORMULA 4

*10cc syringe volume*

5cc Phosphatidylcholine.100mg/ml

5cc Procaine 20mg/ml



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MESOTHERAPY WORLDWIDE 2005

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Formulas for: Phosphatidylcholine, Hyaluronidase, Aminophylline, Artichoke Extract, Collagenase, Melliotis, L-Carnitine, Pentoxifylline ...

Pharmacology of Ingredients for Mesotherapy

Patient - Questions and Answers

Mesotherapy Practice Forms - consent forms, treatment forms, financial contract forms...

Studies & Research Information

Offer Expires 20<sup>th</sup> March 2006.

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