

LIPOSTABIL INJECTION TECHNIQUE & RECONSTITUTION

STORAGE:

Although Phosphatidylcholine is stable at room temperature it is advisable to store the ampoules in a refrigerator until ready to use. All opened ampoules must be used immediately so as to avoid contamination. Phosphatidylcholine has a tolerance of 60 days at room temperature.

Introduction:

An entirely non-surgical method, **Lipodissolve**, makes use of a regular Tuberculin syringe with a fine Gauge 27-30 needle (the kind used for injecting pimples - The needles used are 4-13mm long and are sterile and disposable depending on the procedure. From the neck-up (and the hands), you should use a 4mm needle (skin rejuvenation, hair loss, etc.). For the rest of the body you can use a 6mm needle (fat, cellulite, etc.) 27 and 30 gauge.) that is filled with Lecithin and an enzyme called Phosphatidylcholine OR with our 'LIPODISSOLVE PROFESSIONAL KIT MIX' solution. Mesotherapy is the injection of vitamins and homeopathic medications into the mesoderm layer under the skin using a short 4 or 6 mm Mesotherapy Needle, Lipodissolve (Lipostabil) uses a longer 6-13 mm Mesotherapy Needle to inject Phosphatidylcholine into the corporeal fat layer. Mesotherapy can be used in combination with Lipodissolve therapy in some cases with excellent results.

Most of our patients we treat have excessive subcutaneous fat including cellulite and for those patients we use our Lipodissolve Professional Kit with layer by layer treatment of 4mm injecting using the formula I have mentioned. The solution is injected into parts of the body with considerable, stubborn, localized fat deposits, which are then broken down and released (Spot Reduction) through sweat, urine or feces, over a period of two weeks. At the end of the fortnight, 1-2cms should be lost in the treated area. Follow up sessions are carried out for areas with larger fatty deposits in order to achieve the desired size, since the allowable amount of Lipodissolve per treatment is limited usually to 9 - 10cc.

The truth is some people get better results than others. As with any medical procedure. To get the best results treatments should be administered once a week. We have also noticed that our patients that have good elimination (one to two bowl movements a day) get better results. Simply because the fats are eliminated via the urine and feces. The Institute of Medicine recommends that men consume 3 liters (about 13 cups) of total beverages a day and women consume 2.2 liters (about 9 cups) of total beverages a day. If you exercise or engage in any activity that makes you sweat, you'll need to drink extra water to compensate for that fluid loss. But your current total fluid intake is probably OK if you drink enough water to quench your thirst, produce a colorless or slightly yellow normal amount of urine, and feel well. Take a liquid B-complex to metabolize the fats (available at most health food stores).

Exercise at least three times a week to encourage the metabolism and circulation. Mesotherapy is not a substitute for diet or exercise. **HOWEVER WE HAVE SEEN AMAZING RESULTS, SOMETIMES BETTER THAN LIPOSUCTION!** Some people see results after the first treatment some after three.

LIPODISSOLVE PROFESSIONAL KIT MIX:

5 X 5 mls of Essentiale N/Lipostabil
1 X 5 mls of Injection Pentoxifylline
5 X 1 mls of Injection Aminophylline
3 X 2 mls of Vitamin C
3 X 2 mls of Hyaluronidase
3 X 2 mls of Lidocaine HCL
Hydrocortisone ointment 1 tube

METHOD OF RECONSTITUTION:

Please first acquire an empty sterile 10ml injection vial. Add 5mls of inj Essentiale 303, 1ml of inj Pentoxifylline, 1ml of inj Aminophylline, 1 ml of inj Vit C, 1mls of inj Hyaluronidase and 1 mls of inj Lidocaine HCL into this empty sterile vial. Agitate thoroughly and then syringe out the contents of the mixture (Total mix 10 mls). Use the mix in the syringe as you would for ordinary Lipodissolve therapy with Inj PC (Phosphatidylcholine). Instructions given below.

LIPODISSOLVE INJECTION TECHNIQUE:

With a washable marker circle the areas on your skin that you will be treating. Then with the same marker mark out with a small cross the point of your first injection (starting point). Then mark out at 2cms intervals subsequent injection sites until you have completed your circular pattern and have arrived back at your first injection point. Then in increasingly smaller circle injections are given till the whole area to be treated is covered. (The number of injections given will depend on the area to be covered within the circle, with each injection being .55mls)

Treatments of 20-40 injections (depending on the patient ability to tolerate the procedure) are generally given once a week over a period of 4 - 10 weeks. It's virtually pain-free with no recovery time. Practitioners say most patients see good results within 4 weeks, although some will continue the therapy for up to 10 weeks. Minimum per area dosage of Phosphatidylcholine, in order to see definite positive dissolution of fatty deposits, based on my experience, is approximately 1200 mg (about 4-5 amps). Dosages can be around 1800-2000 mg for an abdomen. As long as clients continue to follow a reasonably healthy, low fat, low calorie, high protein diet, the results should be permanent. 9 - 10ml of Phosphatidylcholine or 'Lipodissolve Professional Kit mix divided into 16 different points of 0.55 ml. each. For this amount, we suggest a treatment in 16 separate points for the application depending on the particular extent of the area to be injected. The distance between each point should be 2 cm each and 2-3 mm deep into the Mesoderm using a gauge 26-30 hypodermic needle. From the neck-up (and the hands), you should use a 4mm needle (skin rejuvenation, hair loss, etc.). For the rest of the body you can use a 6mm needle (fat, cellulite, etc.) 27 and 30 gauge.

When finished, the treated areas might feel tingly. For the next several days some swelling, aching and bruising might occur. You can apply ice packs to areas where you are experiencing any discomfort and or take Tylenol till relief.

PRE-APPLICATIONS GUIDELINES

Please first clean (sterilise) the area to be treated, first with medical spirit, then with Betadine and once again with a spirit wipe. We recommend our patients to apply an anesthetic cream one hour before the treatment is made to the areas being injected or use Injection Lignocaine as part of their Lipodissolve mixture like we do usually.

POST-APPLICATION GUIDELINES

After the application has been completed, we recommend the use of an anti-allergic cream (usually supplied): Use 3 to 4 times a day. We also recommend the use of ice packs over the area soon after the applications are made.

CONCLUSION:

Maximum dosage at any one sitting 2 amps of Essentiale 303 or 9 - 10mls of our 'LIPODISSOLVE PROFESSIONAL KIT MIX' solution, depending on the formula given above. Frequency should be weekly or at most bi-weekly for a maximum of eight sessions per body part. The treatment is considered permanent, IF, a sensible exercise regime and diet is followed. When the desired effects are achieved, we recommend yearly maintenance over a 4-6 week period.

A prior topical numbing cream (local anaesthetic), is applied to the area (Our Professional Kit mix has already got this included in the formula, so this part can be skipped and the medications injected directly, without much discomfort at all!) and after 30 mins to 1 hour, multiple tiny injections of Phosphatidylcholine (Lipostabil/Essentiale303) are given directly, into the fat. In the area of injection, you will feel a slight burning sensation for a short period of time. For the next several days the area may be swollen to a degree, bruised and slightly tender. After a few days to one week (according to swelling and bruising having subsided!) you can have the same area injected. To achieve maximum results, an area will need three to eight sessions, depending on the extent of original localized obesity. Please note, when using our 'PROFESSIONAL LIPODISSOLVE KIT MIX' to inject only before 7pm, as the combination contains 'Caffeine' as one of it's essential chemicals; so as not to induce temporary insomnia, the same night!

We advise 'Maintenance Sessions' one a month for the next 6 - 12 months to ensure the effect obtained is permanent

If you have any questions please do not hesitate to email us at info@mesotherapyworldwide.com