

# MESOTHERAPY WORLDWIDE

## INJECTION TECHNIQUES

Whether you chose to administer Mesotherapy manually or with a Mesotherapy gun the choice of injection technique is important as it determines the quality of the results obtained. Depending on the injection site, the pathology treated, the structure of the dermis and the products injected the results will vary considerably according to the technique.

Generally, according to the depth, working from the epidermis to the hypodermis, a distinction is made between one of these 3 techniques:

**PAPULE:** 1 to 2mm, with bevel upwards

**NAPPAGE:** 2 to 4mm, angle of 30° to 60°

**POINT BY POINT:** deep injections, 4 to 12mm

### PAPULE

This is a superficial intradermal technique, which consists of injecting the product at the junction between epidermis and dermis, peeling epidermis from the basal lamina.

The tip of the needle is inserted into the most superficial layer of the skin and a depth of between 1 and 2 mm, with the bevel facing upwards. A pale, clearly delineated papule appears at the time of injection. Its absence is a sign of poor technique. The papule fades within the space of a few minutes and disappears entirely within the next 30 minutes. This technique is particularly suitable for wrinkles and immunostimulation.



### NAPPAGE

This technique was developed by Dalloz Bourguignon and is the most commonly used technique.

Nappage is a superficial intradermal technique which consists of performing a series of injections 2 to 4 mm apart while continuously maintaining a regular and constant pressure on the plunger. The needle is inserted at an angle of 30° to 60° and to a depth of between 2 and 4mm.

The product/medication is deposited on the surface is left in contact with the epidermis for 3 to 5 minutes to assist its penetration. There is a variation on this technique with an epidermal nappage which consists of applying the product to the epidermis, at a depth of less than 1 mm. This has the advantage of causing minimal bleeding, if any, bleeding.



### POINT BY POINT

This is a deep intradermal or hypodermic injection technique, consisting of separate injections at depths from 4 to 12 or even 15 mm depending on the area and the indication for treatment.

P.B.P is generally indicated in rheumatology, in sports pathologies and in aesthetic medicine for the treatment of cellulite. In the latter case, it is particularly suited to targeting deep nodules or for fibro-sclerous cellulite.

