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Study of CLINICAL COSMETOLOGY-2

A Hands-on Guide



Sonia Tekchandani

Foreword
Amani Landoulsi

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CHAPTER

Mesotherapy

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INTRODUCTION

Mesotherapy is a non-surgical cosmetic medical treatment. It is a painless procedure of injecting vitamins, minerals, medications, amino acids, stem cells and plant extracts placed in the dermis or subcutaneous tissue. It is a method of drug delivery.

MECHANISM OF ACTION

Mechanism of action of mesotherapy is that the solutions that are injected intracutaneously remain in the area longer than they would if delivered via deeper injection because they are cleared more slowly by the general circulation. In addition, it is felt that these superficially injected solutions continue to penetrate into the deeper tissues. The more superficial the injections, the longer the solution remains in the area.

Mesotherapy can be used as a supplement or an alternative to many antiaging regimens, including botox, laser resurfacing, peels, antioxidants, topical creams and face lifts.

Mesotherapy is a medical technique

1. It requires good medical knowledge and practice.
2. Diagnosis is essential, using tests.
3. The result of the treatment is not linked to the amount of drug given but to the choice of drug.
4. This requires precise pharmacological criteria.

Mesotherapy requires

1. Proper technique.
2. Suitable drug combinations.
3. A sensible indication.
4. A correct clinical assessment.

BENEFITS

- Treat solar damaged skin
- Reduce fine lines and wrinkles

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- Restore youthful, radiant and healthy skin
- Improve dark circles
- Improve marks and scars
- Regrow hair
- Lighten hyperpigmented areas
- Improve stretch marks
- Dissolve fat from the cheeks, love handles and double chin
- Improve cellulite.

METHODS (FIGS 4.1 AND 4.2)

- Intraepidermal
- Papular
- Nappage
- Point by point.

Intraepidermal

The most superficial (1 mm deep) of all the techniques in which the basal layer of skin is not penetrated. Needle size of 27 to 31 gauges is used with the bevel oriented away from the skin and dragged along with light, positive pressure applied to the plunger. It is done in a grid pattern at 1-cm intervals over the entire affected area. Multiple injections of small doses of medications, in precise locations, in a single sitting are required. The benefits of mesogun include faster injections, precise dose delivery, consistent depth of penetration and more comfort for the physician and patient.

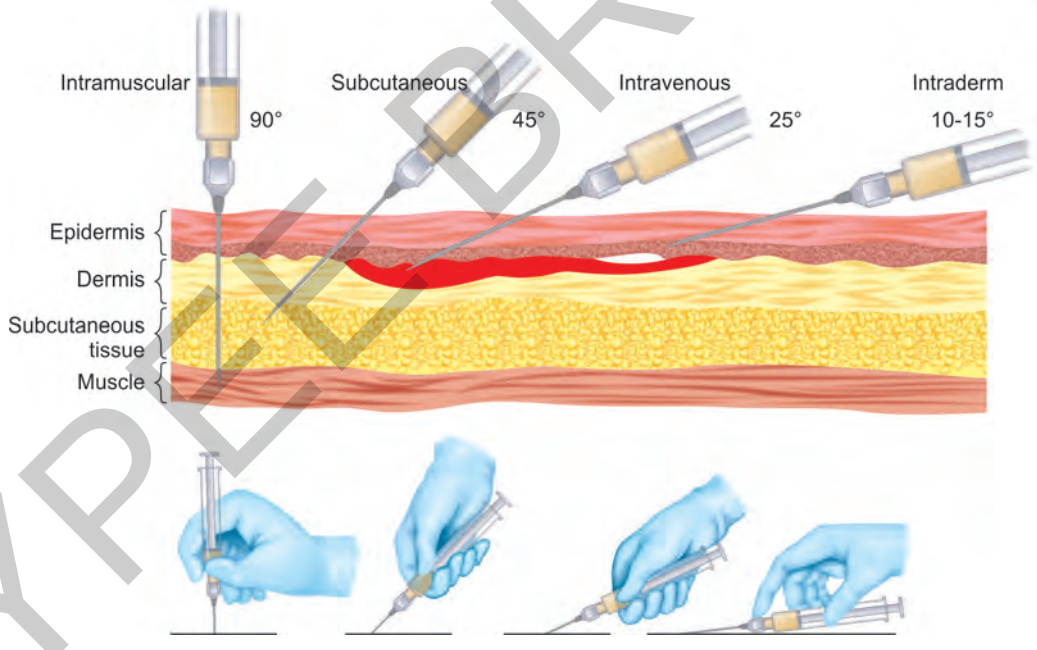

Fig. 4.1: Angle for inserting injection

- **Papule:**
  1–2 mm, with bevel upwards
- **Nappage:**
  2–4 mm, angle of 30°–60°
- **Point-by-boint**
  Deep injections, 4–12 mm

Fig. 4.2: Injection technique

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Papule

A superficial intradermal technique, which consists of injecting the product at the junction between epidermis and dermis, not penetrating the basal lamina. Tip of the needle is inserted into the most superficial layer at a depth of 1–2 mm, with bevel facing upwards. A pale, clearly delineated papule appears at the time of injection and disappears within 30 minutes. Suitable for wrinkles and immunostimulation.

Nappage (French for "Covering")

Involves more superficial (2 mm deep) injections with a 4-mm needle, covering a large area. Injections are given at a 45 degree angle from the skin while applying light, constant positive pressure on the plunger, the practitioner rapidly flicks the wrist (mimics shaking a salt shaker or the action of a sewing machine). At each site, a drop of solution is introduced. Relatively, this is a more discomforting procedure to the patient.

Point by Point

First described by Dr. Pistor, involves injection of 0.02 mL to 0.05 mL of drug solution. It is deep intradermal or hypodermic injection technique, consisting of separate injections at depths from 4–12 mm or even 15 mm depending on the area. Injection should be given 1–2 cm apart (Fig. 4.3).

USES

The medical benefits include improved blood flow to the area, dissolving excess fat deposits, removing fibrotic, hardened connective tissue and improving lymphatic drainage.

STEPS

- Precleansing
- Marking
- Injecting
- Postcleansing.



Fig. 4.3: Point-by-point injection

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NUMBER OF SESSIONS REQUIRED

- Generally the average patient requires 4–5 treatments
- *Facial Areas:* After three weeks
- *Other Parts:* Alternate week.

DIFFERENT TYPES OF MESO TREATMENTS

Mesoglow (Fig. 4.4)

Mesoglow is a series of microinjections injected onto the skin. It consists of injecting products designed to revitalize the skin and give it a refreshing natural glow. It is a procedure to reduce the signs of ageing. It provides hydration and nutrients by placing droplets into the skin by nappage technique, thus starting the rejuvenation process. Mesoglow rejuvenates and revives dull, tired skin, to give youthful and glowing appearance.

The benefits of skin rejuvenation can be long lasting. If one practices overall good health, the effects can last one year otherwise treatments are needed in six months.

Eye Rejuvenation (Fig. 4.5)

It is consists of microinjections into the skin, which significantly contributes to cell proliferation, migration and tissue repair. Reduces pigmentation and prevents fine lines and wrinkles by generating new skin cells and hydrates dry skin. To get good results progressive sessions of 5–6 treatments are done 1 week apart.

VAMPIRE FACELIFT®

Vampire facelift, also known as rich plasma therapy, aims to rejuvenate the skin by injecting blood in the skin. It is also called platlet rich plasma (PRP) therapy. The person's own blood is taken and platelet–rich plasma is separated. Vitamins and amino acids are then mixed and serum is injected into the face to bring about improvements in premature aged skin and bring about younger look. It can be done by nappage technique or point by point technique.



Figs 4.4A and B: Mesoglow (A) Before and (B) after—Mesoglow—32 years/female—5 sessions



Figs 4.5A and B: Eye rejuvenation (A) Before and (B) after—Mesoglow and puffy eyes—32 years/female—5 sessions

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Cellulite Treatment

A cellulite mesotherapy treatment requires at least 3 months time. In treating cellulite, for better clinical results, it is important to use a combination of different techniques, including mesotherapy. To be effective, these techniques have to work first on the extra cellular matrix, the microcirculation (arteriolar, capillary, venous) and the lymphatic system, and finally, on the fat tissue. It is done by point by point technique.

SIDE EFFECTS

A common side effect of mesotherapy is bruising, which generally resolves over one week. Patients may experience temporary soreness. This will subside within 24–48 hours. Preparation generally takes 30 minutes and requires no recovery time. Maintenance required once a month.

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A Hands-on Guide

Salient Features

- An up-to-date hands-on guide
- Deals with the advanced therapeutic cosmetology that involves altering the physiology of the skin to better the physical appearance of an individual
- Facilitates a better and simpler understanding of the anatomy and physiology of the skin and its appendages
- Includes special procedures like PRP, botulinum toxin, dermal fillers, advance chemical peeling agents and PDO threads
- Provides a practical approach on how to structure the standard operating procedures of the daily cosmetology treatments
- Helpful for students and teacher of cosmetology, cosmetic professionals, and allied beauty consultants.



Sonia Tekchandani is a renowned dermatologist and co-founder of Tender Skin Clinics and Cosmetology Academy, India and UAE. She is an insightful, results-driven medical professional with more than 25 years of clinical experience and holds a commanding position in the field of medical esthetics today.

She is a certified laser consultant by CEEP/CNEP France, Europe and Dubai Health Authority, UAE and a member of many prestigious organizations across the world like the American Academy of Aesthetic Medicine (AAAM), The British Academy of Beauty Therapy and Cosmetology and World Society of Interdisciplinary Anti-ageing Medicine, France.

An established trainer and teaching enthusiast, Dr Sonia has over two decades of teaching experience and has trained many students both doctors and beauticians in the field of cosmetology and medical esthetics across the world. Her zest for education led her to start the Tender Skin International (TSI) Cosmetology Academy that imparts comprehensive professional and vocational training in cosmetology, laser treatments, trichology, weight management and clinical nutrition.

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