



Mesotherapy



► Comparison of mesotherapy and liposuction

Liposuction permanently removes fat from areas such as the stomach, thighs, and back. Cosmetic surgeons perform this procedure by inserting a thin plastic tube through small incisions in your skin and then sucking fat using a vacuum. Liposuction is performed while you are under anesthesia. Although liposuction is considered effective in permanent fat removal, recovery can take up to six weeks. It is expensive and carries risks such as nerve and blood vessel damage, irregular skin lines, burns, and infections.

Side effects of mesotherapy

People who undergo mesotherapy say that if you see a trained doctor, the risks are low. However, the reported side effects include:

- nausea
- the pain
- allergy
- Swelling
- Itching
- Red
- Bruising
- Bumps at the injection site
- Dark spots on the skin
- Rush
- Infection
- scar

► After mesotherapy ◀

Because mesotherapy is non-invasive, there is usually no breakdown time. Many people can return to normal activities immediately. Others may need a day off due to swelling and pain at the injection site. Mesotherapy is a promising treatment for eliminating unwanted fats and body contours. However, its safety and effectiveness have not yet been proven.



► Mesotherapy and hair loss ◀

In addition to treating wrinkles and removing unwanted fat, mesotherapy is also applied to treat alopecia areata. This treatment injects natural plant extracts, vitamins, or medications such as finasteride and minoxidil into the scalp. People who do mesotherapy for hair loss claim:

Corrects hormone imbalances in and around the hair follicles

- Delivers nutrients to the hair
- Improves blood circulation

However, just like other applications of mesotherapy, there is little evidence that it is beneficial for hair loss.



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► Preparation before mesotherapy ◀

You may have to stop taking aspirin (buffer) and other nonsteroidal anti-inflammatory drugs (NSAIDs) for a week before surgery.

► How to do mesotherapy ◀

During each session, you may use an anesthetic that has been applied to your skin, although this is optional. Using a special short needle, you will have a series of injections. You will probably need several sessions of mesotherapy to get the desired effect. You should expect to see a doctor between 3 and 15 times.

These pain relievers can increase the risk of bleeding and bruising during mesotherapy.

Mesotherapy is a method that uses injections of vitamins, enzymes, hormones, and plant extracts to rejuvenate and tighten the skin as well as eliminate excess fat. Today, mesotherapy is used for the following:

- Eliminate fat in areas such as stomach, thighs, buttocks, legs, arms, and face
 - Cellulite reduction
 - Eliminates wrinkles and lines
 - Skin tightening
 - Lighten colored skin

Treatment of alopecia, a condition that causes hair loss

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