

# PATIENT - QUESTIONS & ANSWERS

## WHAT AREAS OF THE BODY CAN BE TREATED WITH MESOTHERAPY?

Love handles, Stomach, Saddle bags, Bra bulge, Inner thigh bulge, Buttocks, Abdomen, Knee pads, Double chin, Face and neck, Arms, Back, Legs, Hands and Waist.

## WHO IS SUITABLE FOR MESOTHERAPY?

Most healthy adults 18 to 80 may have Mesotherapy for body sculpting, cellulite treatment, skin rejuvenation and alopecia. The exclusion criteria as a guide follows but each patient must be assessed individually to determine whether the exclusion criteria apply for the treatment they seek.

## WHO IS UNSUITABLE FOR MESOTHERAPY?

Pregnancy, patients who are on blood thinners, insulin dependent diabetics, patients with cancer or in remission, patients with AIDS, patients, AIDS patients, patients with coronary artery heart disease or heart dysfunction, People with arrhythmias, with a history of blood clots or strokes, patients with autoimmune diseases or organ transplant recipients and patients with skin conditions including: herpes & psoriasis...

## HOW FAST WILL THE PATIENT SEE RESULTS?

The speed of results depends on the area treated and the extent of the problem. Fat pads of the eye will usually show visible improvement after the first 1- 2 treatments. Cellulite and fat should show visible improvement after 2 - 4 treatments. MesoLift procedures show visible results within 1 - 2 days after the first treatment.

## WILL THE RESULTS LAST?

It must not be forgotten that the effect of most procedures, although long-lasting, does fade with time. Therefore wise to recommend maintenance treatment at the rate of approximately one session a month. For the results gained from localized fat removal to be permanent requires the patient maintains their weight. A regular exercise regime, including cardio and resistance training and the implementation of a healthy diet, that places emphasis on lean protein and low G.I carbohydrates, will assist patients in maintaining results.

## HOW LONG IS THE "DOWN TIME" AND RECOVERY TIME?

There is no down time or recovery time for this procedure. The patient will be back to regular activities immediately.

## ARE THE TREATMENTS PAINFUL?

The majority of patients experience minimal discomfort. For those who have discomfort, a topical anesthetic cream can be utilized 45 minutes prior to the procedure. Ice can also be applied prior to or after the procedure if necessary.

## DOES MESOTHERAPY REPLACE LIPOSUCTION?

In many cases Mesotherapy offers an alternative to even the safest form of liposuction, tumescent liposuction, (see table below). Tumescent liposuction has been recognized world wide as the technique permitting the greatest safety, the most rapid recovery, the least pain and the best aesthetic results.

While tumescent liposuction offers superior safety and result its important to remember tumescent liposuction can only be handled by the hands of an expert surgeon.

Mesotherapy is a non-invasive alternative supported by a 1994-95 study on "topical fat reduction" by UCLA researchers. This study concluded women who had Mesotherapy injections lost weight even without diet or exercise. About 100 people a year die because of liposuction, Mesotherapy has no deaths, strokes or heart attacks. A patient's major concern with Mesotherapy is simple bruising and liver toxicity.

Liposuction	Mesotherapy
Surgical Procedure	Non-Invasive Procedure
Removes Fat Cells	Removes Fat from the fat Cells
Cannot Be Used Where There is Cellulite	Used Wherever There is Cellulite
Down Time = 2 weeks+	No Down Time
Restrictive Garment Worn Post-Operation for Several Weeks	Wear Loose Clothing After Treatment
Weight Gain Back in Abnormal Places	Weight Gain Back Where it Lost
Appearance of Cellulite and Dimpling Common	Cellulite Eliminated and Maintained with Diet
Significant Bruising and Pain	Minimal Bruising and Pain