

APPLIED MESOTHERAPY

CELLULITE – GYNOID LIPODYSTROPHY

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MESOTHERAPY – It is a simple therapeutic concept with the objective of delivering specific target medications closer to the area of pathology. In an attempt to achieve improved efficacy, mesotherapy utilizes intradermic as well as subcutaneous mini-doses of injectable medications.

While the use of Dr. Pistor's techniques in the treatment of localized fatty deposits and cellulite persisted for several years, it was observed that the early results of Mesotherapy, specifically in the treatment of fatty deposits, were not as effective as the patients had expected them to be.

That is why treating fatty deposits should also address improving circulation and strengthening connective tissue.

The substances we use depend upon the pathophysiology of the disease process and include vasodilators, biologics, vitamins, minerals, plant extracts, anti-inflammatory drugs, proteolytic enzymes, muscle relaxants, hormones, hormones blockers, and others.

CELLULITE

Descriptive names for cellulite include “orange peel syndrome”, “cottage cheese skin” and “hail damage.”

Synonyms include adiposis edematosa, dermopanniculosis deformans and gynoid lipodystrophy.

The trademark skin dimpling is caused by the protrusion of subcutaneous fat into the dermis.

PHYSIOLOGY

Cellulite develops slowly and gradually. At first the venolymphatic system insufficiency leads to the appearance of fatty deposits. Then fatty deposits form micro fat nodules embedded inside connective tissue fibers. Thus, cellulite is the physical manifestation of an abnormal physiological state of the skin and subcutaneous tissue.

ETIOLOGY

There is a number of factors responsible for hydrolipodystrophy. Among the most common ones are heritage, weight gain, excess of fat, stress, endocrine problems, and oral contraceptives. According to J.J Lengrand's studies, almost 90-95% of post pubescent females display some form of cellulite.

TYPES OF CELLULITE:

Depending on the appearance we could divide cellulite in 4 categories.

“Orange skin”

Generally present in adults exposed to improper diets and with no healthy habits of physical exercises. The “orange skin” appearance is easily detected with no need of touching the skin.

Compact

Generally present in young overweight/obese people, who preserve the muscle tone and firm tissue. In these cases the cellulite is hard/compact and only appears through “pinching” of the skin surface.

Edematous

Generally occurs during the puberty. It is related to the deficient vascular system and presents itself with swelling, leg pain and problems walking.

Mixed

All types of cellulite often appear together. A mixture of them might be found in different areas of the body.

MESOTHERAPY TREATMENT

Mesotherapy treatment consists of basically two steps:

1. preparation of the area to be treated
2. injecting (ID) of mini-doses of the substances

Cleansing of the Area to be Treated:

There is always a possibility of cutaneous complications by atypic mycobacteriae, specially “Mycobacterium Fortuitum”, which happens to be resistant to 70% rubbing alcohol. That is why a correct skin preparation is necessary.

Before the Treatment

Clean the area with 90% alcohol with 1% iodine. *¹

After the Treatment

Clean the area with 70% rubbing alcohol.

Injection Technique:

The preferable treatment is with a mesotherapy gun but it is always possible to perform the injections manually.

For manual injections use 5ml syringe and 10cc syringe when using an injector (ex. DENHUB or DHND2 injectors). Use 30G 3-4mm Lebel or similar needle. Make 2-4 injections per second every 2-4 mm under strict visual control. Position the needle at 30-60 degree angle and penetrate at 2-4 mm depth. When in-

jecting manually keep a constant pressure on the piston.

PROTOCOL:

12 sessions twice a week

Cocktail:

Aminophylline	2ml
Conjunctil	3ml
Procaine 2%	2ml
Chophitol * ²	2ml
Esberien * ³	1ml

10ml – is the total amount of cocktail used per treatment.

Mesotherapy injections are given to improve the venous and lymphatic flow and to break down the fat nodules. The injections should be done in conjunction with a natural medicine program and exercises designated to improve overall metabolism.

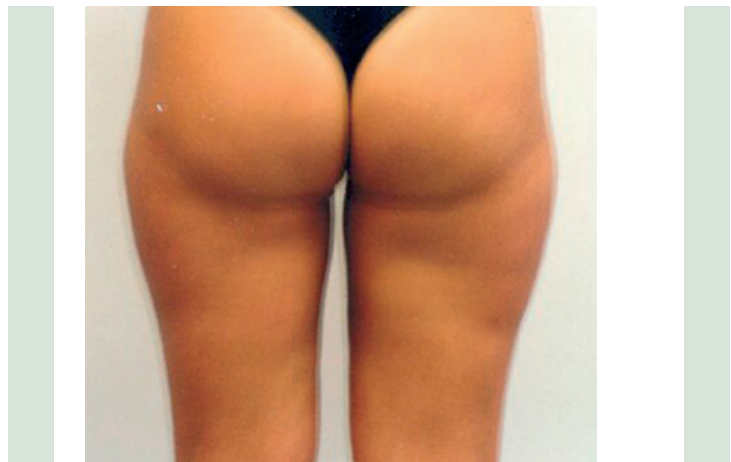
*¹ Use 70% rubbing alcohol and 1% iodine betadaine if 90% alcohol is not available.

*² Chophitol is a substance made from artichoke. Similar injections are compounded by pharmacies in the US in both pharmaceutical and homeopathic strengths.

*³ Esberien is a French substance used for circulation. Pharmacies in the United States have products such as aminocellulose and adipolyse for similar purposes



Before



After



Before



After



Before



After

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