

Mesotherapy treatment of arms and inner thighs flaccidity

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The continuous and progressive loss of collagen and elastin, and the consequent weakness of the sustaining fibers of the tissues, gives cause to the appearance of flaccidity. It is a kind of flabby softness, with little resistance to pressure, a common signal of the aging process, which starts manifesting itself in the 4th decade of our lives.

The skin loses its plumpness and resiliency. The problem can be treated with good results (around 60%) by using Mesotherapy. The treatment is very specific as it involves injections of mini doses of only DMAE, Vitamin C and Procaine.

DMAE (dimethylaminoethanol) is known to firm loose or sagging skin, providing a lifting effect. It has been demonstrated that skin treated with DMAE formulation shows a significant improvement. The end effect is characterized by increased shear wave velocity in the direction where the mechanical anisotropy of skin shows looseness. It increases skin firmness and texture.

VITAMIN C (ascorbic acid) is a highly effective antioxidant, acting to lessen oxidative stress. It acts as an electron donor for 8 different enzymes. Three of them participate in collagen hydroxylation (in a way that it allows the collagen molecule to assume its triple helix structure) and a new collagen production. Lack of Vitamin C provokes collagen disruption.

PROCAINE has been widely used for its rejuvenating properties. It also helps to lessen the treatment discomfort.

A proper dietary lifestyle and nutritional supplementing are also essential to maximize the regenerative mesotherapy treatment benefit. The combined treatment improves the overall appearance of the aging, sagging skin.

Technique

Use a Nappage (multi-prick or “point by point”) - superficial multiple injections into the mesoderm at the depth of about 2-3 mm. The treatment also can be done using a mesotherapy gun.

Formulation

#1 Mixture of 3 ml of Vit.C (222 mg/1cc) + 1 ml Polidocanol 0.5% + 1 ml Procaine 2% (may be substituted with 1% Mesocaine). That amount is per one area only (one arm or thigh).

For arms or thighs it needs to be doubled. Treat only either arms or thighs on the same session.

#2 Mixture of 2-4 ml DMAE 25 mg/ml (amount of DMAE depends on the area size - small arms 2 ml, large arms 2-3 ml and so on) + 1 ml of Procaine or Mesocaine.

That amount is per one arm or thigh only. If arms to be treated, it needs to be doubled. Again, the treatment involves only either arms or thighs during the same session.

Treatment Schedule

Perform about 20 treatments 2 weeks apart. Interchange formulation every other time. There is no down time or recovery for this procedure.

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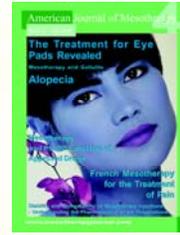
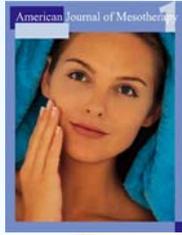


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A number of academies, associations, and societies have been formed to disseminate knowledge and provide basic mesotherapy training. Approximately 16,000 US physicians use mesotherapy in their daily medical practice, and the number of mesotherapy-trained physicians grows by 300 every month. As our ranks grow, we need a platform for the exchange of information and discussion about mesotherapy research.

Our goal and hope is that the American Journal of Mesotherapy will be an open forum to share our knowledge and experience in mesotherapy. Like all new methodologies, mesotherapy has been criticized by some, possibly due to a general lack of knowledge and perhaps, in some cases, the use of unproven methods by individuals lacking the necessary training and experience.

Our mission is to publish scientific research in mesotherapy to improve knowledge and practice in this field. Help us reach our goal by subscribing to the Journal. Any income generated will be used for financial support of research in mesotherapy.

I extend our gratitude toward the Editorial Board for their support and encouragement.

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