

LIPOLYSIS MESOTHERAPY PRE AND POST CARE

Mesotherapy is a blanket term for a treatment that involves multiple microinjections delivering active, therapeutic ingredients directly into the layers of the skin where cell repair and growth occurs. Lipolysis mesotherapy involves a series of mesotherapy treatments that dissolve areas of unwanted or stubborn fat. The product used contains a combination of phosphatidylcholine (PPC) and deoxycholate (DC) which is injected with small needles into localized fat pockets. The PPCDC is absorbed by the fat cells which become slightly inflamed and harden and are then broken down and eliminated by the body's natural processes.

Pre Care Instructions

- If you are able to, avoid blood thinning medication one week prior to procedure as these increase your risk of bruising. These include: over the counter medications such as Aspirin, Brufen, Voltaren, other anti-inflammatory medications, niacin, vitamin E and omega-3 fatty acids. Panado is acceptable to use.
- Please notify your doctor if you are using prescription or non-prescription blood thinners so that extra precaution may be taken to avoid bruising.
- **Contraindications:** Pregnancy, breastfeeding, active skin infection or disease, uncontrolled medical condition, allergy to the ingredients, soy and egg, or local anaesthetic.

Day of Treatment

- Arrive 20 minutes earlier if you would like topical anaesthetic cream to be applied to the area prior to the procedure to enhance comfort.
- Carboxy Therapy and Radiofrequency are generally performed with this treatment to enhance results and reduce inflammation.

Post Care Instructions

- Swelling and localised redness will occur initially and last a few days – this is an expected response.
- Bruising is common and will last 1-2 weeks.
- Some tingling, sensitivity, and an itch-like sensation may be felt in the injected area for an hour or so post injection. The area will feel tender and inflamed for a few days.
- Pain tablets containing paracetamol and codeine can be taken if needed. Ice or arnica gel can also be applied to the area if needed.
- You may notice firm areas under the skin – these are fat cells reacting to the injection and will disappear after 3-4 weeks.
- Drink ample water post procedure.
- Avoid saunas, steam rooms, hot baths, massages, jacuzzis and open outdoor water for 2 days post procedure.
- Repeat the treatment in 3-6 weeks. Most patients require 3-6 sessions for optimal results.
- If you experience abnormal increasing redness, tenderness or progressive swelling lasting more than 24 hours please contact the practice immediately on 087 806 8700.