

Mesotherapy

Mesotherapy is a non surgical medical treatment that involves injecting tiny quantities of natural extracts, homeopathic agents, pharmaceuticals and vitamins into the problem areas of your face and body aiming at dramatically improving or correcting a variety of conditions ranging from lax aging skin to hair loss.

About

Mesotherapy (from Greek *mesos*, “middle”, and therapy from Greek *therapeia*, “to treat medically”) is the practice of using a combination of target specific microinjections into the second layer of the skin in order to deliver healing or corrective treatment.

It can treat a variety of conditions ranging from arthritis and sports injuries to improvement of blood circulation and lymphatic drainage.

The French Academy of Medicine recognized *Mesotherapy* as a Specialty of Medicine in 1987.

Mesotherapy has also been widely used for aesthetic purposes as an alternative or complimentary to traditional non-surgical cosmetic treatments such as Dermal Fillers and Wrinkle Relaxing Injections.

For more information on Mesotherapy and the various protocols applied please read Dr Sotirios Foutsizoglou’s relevant article as published in the Body Language journal.

Indications

Mesotherapy is an excellent preventative and corrective treatment for skin ageing as it provides:

- *Rejuvenation*
- *Photoprotection*
- *Skin lifting*

- *Anti free radical action*
- *Increase in the production of skin matrix proteins* (e.g. by administering amino acids or certain synthetic peptides through Mesotherapy infusion there is stimulation of dermal proteins such as collagen, elastin and glycoproteins which, to a great extent, are responsible for the biomechanical properties of the skin)
- *Whitening action*
- *Increase of firmness and skin elasticity*
- *Cellular proliferation, differentiation and keratinisation along with regulation of fat production*
- *Anti-inflammatory properties*
- *Deep hydration*
- *Cytokines* (i.e. signaling molecules used extensively in intercellular communication)

In addition *Cosmetic Mesotherapy* has been proven to give unmatched results in the following problems:

- *Ageing skin*
- *Sagging neck / jowling*
- *Cellulite*
- *Hair loss*
- *Stretch marks*

- Scars
- Wound healing
- Pigmentation
- Acne
- Tired eyes / dark circles
- Fat bags under eyes
- Eczema
- Dermatitis
- Psoriasis

If any of the above listed conditions interferes with your quality of life then Mesotherapy is probably the right treatment for you.

Contact us today to arrange a consultation with **Dr Sotirios Foutsizoglou** who will be able to provide you with all the relevant details regarding the appropriate protocol of treatment based on your problem.

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Treatment Explained

There are three main injection techniques used in Mesotherapy:

- Papule
- Nappage
- Point by point (usually deeper injections used in rheumatology or sports related pathology)

Nowadays assisted injection systems (i.e. mesotherapy guns) have been increasingly used as they provide a standardized injection depth,

reduce treatment time, are easy to use and most importantly make the whole procedure better tolerated by the patient.

Dr S. Foutsizoglou has also been using Fusion Mesotherapy, a new mesotherapy approach based on breakthrough systems and products. *RF Needle Free Fusion Mesotherapy* combines a mesotherapy injector device and radiofrequency producing enhanced cellular permeability.

This virtual mesotherapy technique opens skin channels and pores increasing the transdermal transport of active substances used in treatment protocols. Needle-free mesotherapy with electroporation produces great results without any kind of pain or discomfort.

Please note that depending on the problem and the area to be treated a cycle of 3-6 sessions may be required for great results. Mesotherapy can be combined with other non-surgical treatments in one session. All treatment options will be discussed at your first consultation.

Aftercare

Mesotherapy is a safe way to achieve long-lasting and natural-looking results with minimal downtime at a very reasonable cost.

Mesotherapy produces excellent results if performed by well trained and experienced doctors and surgeons. The vast majority of our patients are thrilled with the results.

Following the treatment, there may be some redness, swelling, bruising, tenderness and firmness around the injection sites.

Applying some ice pack right after treatment is highly recommended in order to minimise pain and swelling.

It is highly recommended to use the right Skin Care Protocol after your **Mesotherapy** treatment for superior results. At **SFMedica** we will guide you as to what is best for your skin needs.

Contact us today to arrange a free consultation with **Dr Sotirios Foutsizoglou** who will be happy to discuss the treatment with you, as well as answer any questions you may have.



Tables

Most commonly used injection techniques in Cosmetic Mesotherapy	
Papule	Nappage
Depth of injection: 1 - 2 mm	Slightly deeper; 2 - 4mm
The needle is held almost parallel to the skin	At an angle of about 60°
With bevel of needle facing upwards raise a small papule at the level of dermal-epidermal junction.	Series of injections 3 to 4 mm apart whilst maintaining constant pressure on the plunger.
Suitable for treating wrinkles, scars and skin imperfections.	Recommended in delicate areas where skin is too thin, e.g. perio-orbital area
Papule normally fades within a few minutes.	Practitioner's gloved finger may be used to aid deeper penetration of the infused product (which by now has become mixed with skin capillary blood) by gently massaging over treated area.