



Mesotherapy – Procedure, Preparation and Aftercare

Procedure of the Treatment

- **Individual consultation:** Before each treatment, a personal conversation takes place to explain the procedure and clarify any questions.
- **Thorough disinfection:** The skin is carefully prepared.
- **Treatment:** Active substances are injected point by point and superficially into the skin using very fine needles.
- **Cleansing:** The skin areas treated are cleansed.
- **Final Care:** After facial, neck or décolleté treatments, a soothing mask is applied.
- **Follow-up discussion:** At the end, you will receive instructions for home care.

Preparation

To ensure your treatment is pleasant and runs smoothly, we recommend the following:

- One week before the treatment, avoid taking blood-thinning medications or supplements (e.g., Aspirin, Ibuprofen, fish oil).
- One day before the treatment, refrain from consuming alcohol, caffeine, or theine (e.g., energy drinks, cola, iced tea, coffee, matcha).
- For facial treatments, please arrive without makeup if possible.
- On the day of the treatment, have a light meal beforehand.



Aftercare

To best support your skin after the treatment, please follow these recommendations:

- Do not apply make-up and/or cosmetic products to the treated areas for 24 hours.
- Touch the treated areas only with disinfected hands for 24 hours.
- Avoid sports, swimming, and/or bathing for 48 hours.
- Avoid direct sun exposure, tanning beds, sauna, or steam baths for 72 hours.
- Refrain from laser and/or cosmetic treatments on the treated areas for two weeks.
- If the injection sites are still noticeable after 24 hours, gently massage them with disinfected hands.
- After a hair treatment, wash your hair the next day with a mild shampoo.
- In case of bruising (hematomas), apply Arnica cream with disinfected hands if needed.
- For significant swelling, cool the areas with a disinfected cooling pad wrapped in a clean cloth.

Risks and Possible Side Effects

As with any cosmetic treatment, temporary reactions may occur:

- Redness, swelling, and bruising
- Product wheals (for approx. 24 hours – the product distributes itself naturally)
- Mild to moderate pain
- Very rare: herpes outbreak
- Very rare: infections
- Very rare: allergic or anaphylactic reactions

✦ **Note:** This information is intended for general guidance only and does not replace medical advice. Individual recommendations will be provided during a personal consultation