



Mesotherapy – Nutritional Liposuction

What is Mesotherapy?

Mesotherapy is a medical specialty that involves injecting microscopic quantities of natural extracts, homeopathic agents, pharmaceuticals and vitamins into the skin. It can be used to eliminate cellulite, promote weight loss, treat aging skin and redundant (sagging) skin, and rejuvenate the hands and neck.

What are the benefits of Mesotherapy over surgical techniques such as liposuction?

Liposuction does not treat cellulite. In fact, liposuction often causes existing cellulite to appear more prominent. Mesotherapy treats cellulite directly, promoting smoother skin and reducing fat in selected areas. Fat deposits are flushed from the body, and do not reappear in other areas, which often occurs after liposuction. Mesotherapy does not require hospitalization, general anesthesia or downtime.

Which cosmetic conditions can Mesotherapy treat?

Although Mesotherapy is used to treat a broad spectrum of injuries, illnesses and medical conditions, it is also employed to treat cosmetic conditions, including acne, cellulite, stretch marks, scars and wrinkles. It can also be used to reduce and contour fat.

How does Mesotherapy reduce or eliminate cellulite and fat?

Mesotherapy treats three factors involved in cellulite formation. Your doctor creates a specific formula to reduce the fat in your cellulite, improve impaired circulation and break down damaged connective tissue - thereby smoothing the skin's surface. Mesotherapy can treat cellulite located anywhere on the body.

What are Mesotherapy's anti-aging and skin rejuvenation uses?

Subdermal vitamin injections rejuvenate the cells, making them more active, and thereby stimulating the production of collagen and elastin. You can begin anti-aging treatments in your mid twenties to prevent wrinkles from forming. Treatments for the face, neck, arms and hands are recommended several times each year.

How does Mesotherapy promote weight loss and spot reduction?

Our customized formula prevents cells from storing fat, and helps break down existing fat cells. Spot reduction targets double chins, love handles and any other areas displaying fat pockets.

When Will I see Results?

Results vary depending on your body type and the condition being treated. On average, patients notice visible improvement in two to three sessions. For certain conditions, patients see results after the first session.

What can I expect during my consultation and follow-up appointments?

Your first visit with Dr. Rusilko will be a Mesotherapy consultation. After filling out a series of forms, the doctor will review your medical history and give you an in depth explanation as to what Mesotherapy is. He will address any of your concerns.

Following this, you will have your photos taken (for medical records only) which is one step taken towards charting your Mesotherapy progress (periodically you will take follow-up pictures to facilitate this).

Patients typically sign up for advance Mesotherapy appointments in order to best accommodate their schedule. Most come once a week for Mesotherapy but on occasion a treatment may be skipped--this will not affect your progress.

You will be offered the choice to purchase a topical numbing cream which you can apply 45 minutes prior to your Mesotherapy appointments. We suggest trying the first Mesotherapy treatment without the cream; many can tolerate the treatment without it.

You will leave your consultation with a list of instructions (do's and don'ts) for Mesotherapy.

Payment for your Mesotherapy consult and sessions is due at the time of treatment. We do not require advance payment.

Are there any side effects?

A common side effect of Mesotherapy is bruising, which generally resolves over one week. To speed up the healing process, we recommend that the homeopathic supplement arnica be taken either orally or applied topically on a daily basis. Patients may experience temporary soreness. This will subside within 24-48 hours.

Are the treatments painful?

You may feel a slight pinching or burning sensation when the injections are administered. However, we can provide a topical anesthetic that makes treatment virtually painless.

Will the results last?

The results do last, especially when combined with exercise and proper nutrition. However, we cannot stop the natural aging that affects your appearance. For this reason, we recommend regular maintenance visits.

Are there any Restrictions?

Restrictions vary, depending on the condition being treated. We discuss these with each patient before treatments commence. In general, patients are advised not to wear makeup for at least 4 hours after facial treatments, not to take hot showers for at least 6 to 8 hours. We recommend that patients eat a high-protein meal, and avoid caffeine or other stimulants before treatment.

How Much Does It Cost?

The cost varies by doctor and geographical location. In addition, the total cost depends on the nature of the medical condition and the number of sessions needed to achieve the desired results. Prior to your first session, you will receive a treatment plan that outlines the anticipated costs.



Pre-treatment instructions:

Shower prior to treatment, preferably using an antibacterial soap.

Suspend any use of vitamin E and ginko biloba 1 week prior to treatment.

Discontinue prophylactic use of aspirin or arthritis medications or corticosteroids 1 week prior to treatment

Patient to sign an informed consent treatment

Post-Treatment Instructions

If experience discomfort, use only non-inflammatory oral analgesics (i.e. acetaminophen such as Tylenol)

Do not apply any ice or anti-inflammatory topical agent to treated area.

Patient is to expect some burning and/or discomfort for 20 mins after treatment.

Patient should expect some bruising to the treated area.

Patient should expect swelling over the treated area for 48 hours.

“You are your most important asset... Invest in Yourself.” ~ Dr. Ivan Rusilko