

How to make a face glow

Since its invention in the 1950s, mesotherapy has been used to excise fat and tackle cellulite. Dr D David Saadat uses the treatment for the face to make it look 'youthful and radiant'

Mesotherapy is a non-surgical, non-invasive injection therapy that has been used in France for 50 years to melt away fat and rid the body of cellulite. Since 1952, around 15,000 doctors in France and South America have been safely using mesotherapy in their daily practice, injecting a cocktail of medications into the mesoderm to nourish, rejuvenate, tighten skin, break down fat and stimulate metabolism.

Between sun-damage, ageing and progressive collagen loss, the skin continually loses its plumpness and resiliency. By using mesotherapy to target facial tissue, I have found that a plumping effect occurs, leaving the face with a youthful and radiant glow.

Nicknamed "Meso-Glow," this treatment contains FDA-approved medications, multivitamins and trace elements that, when injected into the face, create an immediate result of firmer, smooth and dewy skin.

Meso-Glow's ingredients will effectively repair, rejuvenate and plump the skin, while aiding in the prevention of further skin damage. The cocktail consists of 10mg/cc of sodium hyaluronate, which acts as a filler for fine lines and wrinkles and stretches the skin to produce a lifted look. Added to this is 0.01% retinoic acid, which mildly exfoliates and repairs sun-damaged skin, in addition to anti-oxidants to prevent future skin damage and multivitamins to help nourish the skin. As a numbing agent, 2% Lidocaine is used. In some cases, a 1% solution of glycolic acid is added for additional exfoliation.

Comprehensive

Meso-Glow is a comprehensive procedure for the entire face and can be customised to treat other areas. For sun-damaged and ageing skin, more retinoic acid is added. For a plumping effect to the cheeks, or to diminish hollowness underneath the eyes, more sodium hyaluronate is added.

The entire procedure takes about 45 minutes and results are seen almost immediately. Numbing cream is applied for 30 minutes before injections begin.

For the next 15 minutes, about 100 3-4mm injections are then given over the entire facial dermis using a mechanical gun or "Mesogun", which delivers the cocktail more accurately. In addition, the gun contains a circular end, which stretches the skin, making the injections fairly painless.

Meso-Glow is a non-surgical approach to skin rejuvenation resulting in little to no

downtime for the patient. Allergic reactions are highly uncommon. On rare occasions, slight bruising may occur at the injection sites, but will fade within a week.

To create the desired outcome, Meso-Glow is done in three treatments about two weeks apart. Maintenance is done once every three to four months.

Meso-Glow may be used alone or as an excellent complement to other procedures, including a moderate facial peel or a facelift. For more aggressive treatment of damaged or ageing facial tissue, I combine Meso-Glow with a moderate facial peel containing TCA and salicylic acid. The Meso-Glow is injected first and is followed by the peel. Lastly, retinoic acid is applied to the face for approximately five hours. Two to three

additional Meso-Glow treatments are suggested two weeks apart. This procedure will cause some redness and peeling for about the next four to five days, as old skin is peeling off and new skin is developing underneath.

Meso-Glow has been most successful for patients who have had a facelift and want to treat, contour and improve the texture of their skin. It complements the facelift, which tightens, lifts and does away with excess skin, but does not treat the skin itself. ●

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