

Alessio Redaelli

Marcelo Suarez Bigetti

MESOTHERAPY

BASIC PRINCIPLES AND CLINICAL PRACTICE

Contributors: Philippe Petit, Philippe Hamida, Riekie Smit, Ceric-Dehdari Pegah

Presentation by Michel Delune



Officina Editoriale Oltrarno

MESOTHERAPY
BASIC PRINCIPLES AND CLINICAL PRACTICE

by *Alessio Redaelli and Marcelo Suarez Bigetti*

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PRESENTATION

Over the last 40 years, the treatment of many diseases with mesotherapy has been a controversial topic, both for treatment of pain and also for facial rejuvenation or fat lipolysis.

Even if controversial, these techniques have evolved a lot, and patients' demand for these techniques has increased.

Feeling younger, it is natural to want to look younger.

Alessio Redaelli and Marcelo Bigetti are senior faculty members of the American Academy of Aesthetic Medicine that I have led from about 40 years. I know them very well and I estimate their way to be scientific. This work is therefore more than welcome, knowing that they were able to find the right compromise and scientific evidence also in such a controversial argument and topic.

It is a comprehensive and readable text, very practical, as in the way of Prof. Redaelli, and with good images to exactly understand the different techniques.

In my opinion this text allowed the authors to meet science in a field that sometimes, in many countries, remains art.

*Dr. Delune Michel
AAAM President
Pioneer of aesthetic medicine*

PREFACE

How long have we known each other!

I met Marcelo for the first time many years ago in Malaysia, in Kuala Lumpur, marvelous years in which it seemed I was in a novel by Salgari, when a mutual friend Michel Delune, another pioneer in cosmetic medicine, asked us to conduct some courses for his American Academy of Aesthetic Medicine.

Immediately I was very pleased about the scientificity of this speaker and teacher, about his passion for what he was doing!

When we started conducting courses on mesotherapy, we had to try our hand at giving scientificity to a matter that has not always been and still today is not treated too scientifically.

One evening, dining at a restaurant with Marcelo in Dubai, under a very large aquarium, speaking as always about medicine, students and various lessons, I launched this challenge almost as a joke: namely, if in addition to lecturing together, we might not even write a book together.

But not just any book: a book on a little discussed topic, in which we would be seriously involved with the challenge of making a good impression on an academic world that still struggles to accept as real “classical medicine” a medicine that is still today considered as “alternative”.

From this, it was a short step to face the challenge of writing a book on such a controversial topic and technique, yet which was so widely used in Europe, the Middle and Far East and the US.

We then tried together to give an organic configuration to a very broad matter, also searching for acceptable scientific literature that in recent years has arisen, giving a scientific confirmation of clinically clear impressions and results, but which are sometimes unconfirmed.

We tried to understand all the various aspects of the subject, both in its classical realm, but also in those many modern aspects which definitely move a bit away from the classic groove tracked many years ago by the pioneer of the technique Michel Pistor. Cellulite treatment, localized fat deposits and hair loss, all topics that today are always found in all conferences on the subject.

We hope our work is appreciable, especially by the many colleagues who would like to try their hand at these techniques but have so far not found a truly comprehensive text that includes historical references and notes on anatomy, which never hurt.

The contributions on very specific and specialized topics are from good friend who are experts in their fields. They are highly trained, have long experience and an impeccable scientific background, and their work is very familiar to us.

We hope our efforts will be of practical use to all those colleagues around the world, aesthetic doctors or dermatologists, plastic surgeons or physicians or of other specializations, who want to have a practical guide for getting good results and avoiding the side effects that in this area are rare but always possible.

We remain available to all, in order to improve this work for a second edition that we hope will not be long in coming, to correct the numerous flaws that you will help us find.

Alessio and Marcelo

AUTHOR

ALESSIO REDAELLI



He graduated in 1979 and specializes in Vascular Surgery and Aesthetic Medicine in Milan. He still works and studies in Milan. He is a Pioneer of Aesthetic Medicine and introduced Aesthetic medicine in Europe.

He founded Medical Aesthetic, leader company in the teaching of aesthetic medicine for Physicians and Dentists.

He participated in the creation of the master on “Aesthetics of the oral and perioral tissues” for dentists being held at the University of Padua and founded and is coordinator of the course of aesthetics in odontology at the University of Turin (Italy).

He holds workshops in Italy and abroad about cosmetic medicine and is a senior faculty member of the American Academy of Aesthetic Medicine (AAAM).

He is teacher at the major Italian medical aesthetics schools.

He has published numerous scientific papers on cosmetic medicine and vascular surgery, and some famous bestseller books about cosmetic medicine.

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MARCELO SUAREZ BIGETTI

AUTHOR

Dr. Marcelo Suarez-Bigetti completed his training as a General Surgeon, specializing in vascular surgery, and is recognized as an authority in the subspecialty of phlebology. Dr. Suarez-Bigetti has pioneered the exploration of new therapies for the treatment and prevention of vein-related disorders.

He has developed original surgical procedures in cosmetic surgery, developed a technique for auto-grafting and autologous adipocyte transplantation, developed a proprietary technique for follow up CO₂ laser resurfacing techniques, and conducted animal and human clinical trials on wound healing and laser tissue interaction.

He has been involved in physician training programs for 17 years including many topics in clinical dermatology, cosmetic dermatology and dermatological surgery. He has been developing Continuing Medical Education programs from the time he received his board certification in cosmetic medicine in 1998; working in conjunction with CME committee/advisory boards; education companies and communication companies; university health science centers; state/regional/local medical societies and state/regional CME organizations, he is integrally involved in the educational planning of certified activities for physicians, pharmacists, nurses, and other health care professionals in the United States, Canada, Asia, Middle East and Europe.

Dr. Suarez-Bigetti sits on several Scientific Advisory Boards, he is a Senior Faculty at the American Academy of Aesthetic Medicine and teaches aesthetic medicine for physicians and health care practitioners. He has published numerous articles in a variety of Medical Journals.

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CONTRIBUTORS



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Born on April 11th, 1942 in Khenchela – Algeria. He graduated in 1969 from the Medical University and studies at the French Medical School of the NAVY in Bordeaux and specialized in Aeronautic and Spatial Medicine, Tropical Medicine and expert in Aeronautic Medicine

Ex President of the Society of study and research of Mesotherapy and Member of the board of the French Society of Mesotherapy.

In 1996 created the University Degree of Mesotherapy – Bordeaux University

Ex President of the International Society of Mesotherapy (succeeding to Doctor Pistor)

In 2000 created the first International course of Mesotherapy – Bordeaux University and in 2002 the Inter University Degree - Bordeaux – Marseille – Paris

He is President and Founder of the World Anti-Aging Mesotherapy Society (WAAMS), Former President French Society of Mesotherapy, Former President International Society of Mesotherapy, University Mesotherapy Lecturer and he is in charge of the Inter University Degree of Mesotherapy.



HAMIDA PHILIPPE

Dr. Hamida Philippe is an Aesthetic Practitioner, founder and Director of PHP Aesthetic and PHP Wellness, Divisions of PHP Health First.

Member of the Primary Care Dermatology Society (PCDS) and member of the American Academy Of Aesthetic Medicine. Qualified from University de Bordeaux II (Victor Segalen) and Kings College in London:

His fields of expertise are: Skin Consultant/ Adviser for Model Agencies based in London and Paris,

Keynote speaker at events around the world: Aesthetic and The concept of Beauty,

Adviser on the specific needs of Ethnic Skin.

SMIT RIEKIE

She is an Aesthetic and Sports Physician in Pretoria, South Africa. She graduated in medicine at the University of the Free State, and then specialized in Sports Medicine at the University of the Free State of South Africa and the course developer for the first formal post-graduate training in aesthetic medicine in South Africa and is also an official trainer and faculty member for the American Academy of Aesthetic Medicine.

Last, but not the least, she is the perfect mother of 3 beautiful children!



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- Specialist in Dermatology and Venereal Diseases, German Board certified,
 - Certified Laser specialist
 - Specialized training in Phlebology, Aesthetic medicine and skin surgery
- Faculty member & trainer of American Academy of Aesthetic Medicine (AAAM)
 - Member of American Academy of Dermatology (AAD)
- Member of Women's Dermatologic Society (WDS)
 - Member of German Society of Dermatology (Deutsche Dermatologische Gesellschaft)
 - Publishing medical articles in various magazines and giving lectures and training for physicians in Asian-pacific and European countries



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For this last book, as always, it is a difficult task to thank everyone who has helped me write this work, and there is the risk of forgetting someone who is just as important as everyone else.

I thank Marcelo Suarez-Bigetti who gave me the idea to create a book on this very difficult topic, helped me, and believed in this project and who has actively worked with the corrections and the final layout.

I thank all my assistants, and in particular Viviana, Anna, Monica and Valentina who always help me with their consideration and affection and always are ready to be my perfect models.

I thank my other models who have allowed me to make my concepts understandable and usable by all my colleagues.

I thank Philippe Petit, who improved all my skills in mesotherapy and whose experience in the field, simplicity and humility are always examples for me.

Finally, I thank all the colleagues who, I know, value me and have given me a motivation for writing this text, which is practical as is my rule. I know that they will be happy with me about the small details that make my books different, I hope, from the others.

I thank my loved ones, Susanna, Andrea, Simone and Matteo, my relatives, who have always supported me and helped me even practically, with very useful advice and intuitions and pictures, and...!

Alessio Redaelli

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Along the way I have been extremely fortunate to have had the opportunity to work with some of the finest physicians and surgeons in the field of Aesthetic Medicine, Cosmetic Surgery and Cosmetic Dermatology.

Dr. Allman Canestry, in the early years, demonstrated extraordinary patience in teaching me much of what I know today about injecting vascular structures within the skin and taught me many valuable surgical and nonsurgical skills through his meticulous technique and attention to details.

My medical director at the Acne research Institute of Newport Beach, Dr. James Fulton, provided me with the initial opportunity to acquire the necessary training and skills to become a researcher.

I would like to thank the excellent advice of Dr. Berry Friedberg, for giving me the opportunity to master pain management in an atmosphere of warmth and concern.

A truly inspirational dermatologist and teacher, Dr. Michel Delune shaped my earlier academic education, and has been the foundation of my professorship.

The efforts of these individuals have not only made my academic appointments easier and a lot more pleasant, but also made me realize how very lucky I am to be able to work in the field of Aesthetic Medicine that gives me so many personal pleasures and emotional rewards.

I would like to acknowledge the positive role played by the enthusiastic, curious and dedicated students that pass through the American Academy of Aesthetic Medicine, who continue to challenge and stimulate me to learn.

I would like to thank Dr. Alessio Redaelli for providing me with tremendous personal encouragement and support over the years, and I wish to acknowledge my deep appreciation for the opportunity to be part of this book as well as for his friendship.

Marcelo Suarez Bigetti



CONTENTS

Presentation	4
Preface	5
CHAPTER 1	
HISTORY OF MESOTHERAPY	19
<i>Petit Philippe - Hamida Philippe</i>	
The word mesotherapy	20
History of mesotherapy	21
References	27
CHAPTER 2	
ANATOMY OF THE SKIN AND SUBCUTANEOUS TISSUE	29
<i>Alessio Redaelli - Marcelo Suarez Bigetti</i>	
Introduction	30
Embryology	30
Anatomy	31
Epidermis	31
Dermis	32
Subcutis	33
Fat compartments	33
Conclusions	35
References	35
CHAPTER 3	
MATERIALS TO BE USED: SINGLE CHARACTERISTICS AND POSSIBLE SYNERGIES	37
<i>Alessio Redaelli - Marcelo Suarez Bigetti</i>	
Manual devices	38
Syringes	38
Needles	39
Semi automatic and automatic devices meso-guns	40
Fully automatic	40
Semi automatic devices	40
Pharmacology for mesotherapy	46
References	49

CHAPTER 4	
PATIENT'S ASSESSMENT	51
<i>Alessio Redaelli - Marcelo Suarez Bigetti</i>	
Characteristics of the first consultation	52
Form 1: anamnesis general health history form	53
Form 2: consultation report	55
Form 3: moderate sedation assessment	56
Photographic documentation and consent	57
Photographic consent	58
Consent for release of photographs	58
Aesthetic examination	59
Skin surface: facial structure and proportions	59
Facial structure and proportions	60
Consent for treatment	62
References	63
CHAPTER 5	
PREPARATION AND BASIC TECHNIQUES OF INJECTION	65
<i>Alessio Redaelli - Marcelo Suarez Bigetti</i>	
Introduction and general precautions	66
Materials and set up preparation	66
Skin preparation	67
Topical anesthesia	68
Techniques of injection: introduction	70
Intraepidermal injections: ied technique	70
Epidermal injection: point by point	71
Nappage (superficial intradermal)	72
Deep intradermal: point by point	73
Multipoint injection technique	74
References	76
CHAPTER 6	
CLASSICAL MESOTHERAPY	77
<i>Alessio Redaelli - Marcelo Suarez Bigetti</i>	
Introduction	78
Classic mesotherapy for skin conditioning and revitalization	78
Classic mesotherapy for skin rejuvenation	81
Classic mesotherapy for cellulite	83
Classical mesotherapy for pain management	86
Indications	88
Conclusions	91
References	91

CHAPTER 7	
FACIAL TREATMENT AND MESOGLOW	93
<i>Philippe Petit</i>	
A brief introduction from the author's experience	94
Prevention and treatment of skin aging and wrinkles	94
Introduction	94
The mesolift or mesoglow: definition	95
Equipment	95
Techniques and depths of injection	95
First phase: the epidermal mesotherapy: ied	96
Second phase: the papula	96
Mesotherapy - basic principles and clinical practice	96
Technique	97
Third phase: the intradermal	97
Technique	97
Meso-cannula	97
Drugs used for facial mesoglow	98
The mixture and techniques: which material for which technique	99
The protocols	100
The frequency depends on the regeneration rate of skin	100
In the case of a combined treatment	100
Results	100
Conclusion	104
References	105

CHAPTER 8	
BODY CONTOURING AND INTRALIPOTHERAPY	107
<i>Alessio Redaelli - Marcelo Suarez Bigetti</i>	
Body contouring	108
Intralipotherapy: different injecting methods	110
Ingredients and protocols:	110
Injecting technique	111
Single injections: macro-point technique	111
Fun technique with short needle	112
Fun technique with long needle	113
Technique abdomen (belly)	115
Technique: hips, internal thigh and lower buttocks	117
Technique: trochanter, coulotte de cheval	118
Conclusions	110
References	119

CHAPTER 9	
MESO BOTULINUM TOXIN	123
<i>Alessio Redaelli - Marcelo Suarez Bigetti</i>	
Meso botulinum toxin	124
Characteristics of the first consultation	124
Preparation of the drug to be delivered in the dermis	124
Hyperhidrosis	126
Brief introduction	126
Sweat secretion	126
Hands hyperhidrosis	127
Plantar hyperhidrosis	128
Treatment of other areas of the body	128
Conclusions	129
References	129
CHAPTER 10	
MESOTHERAPY FOR HAIR LOSS	131
<i>Philippe Hamida, Alessio Redaelli and Marcelo Suarez Bigetti</i>	
Introduction	132
Classification	133
Clinical diagnosis	134
Our approach	134
Treatments	135
Classic mesotherapy for hair loss	135
Platelets rich plasma (PRP)	137
Preparation of patients	137
Technical details	137
References	142

CHAPTER 11	
MESOTHERAPY USES IN DARKER SKIN	
TYPES PHOTOTYPES IV - VI	143
<i>Riekie Smit</i>	
Introduction	144
Facial skin	144
Mesotherapy in darker skin	146
Typical non-invasive skin rejuvenation procedure...	148
Step 1- Superficial peel	148
Step 2 - Mesotherapy	148
Step 3 - Led therapy	148
Results	149
Results after peeling + mesotherapy course	149
Results after mesotherapy + LED course	149
Mesotherapy for hair loss in patients of African descent	150
Management of traction alopecia	151
1. Reduce traction on hair follicles	151
2. Treatments for traction alopecia	
Mesotherapy for traction alopecia	151
Nappage technique	153
LED for hair loss	154
Summary	155
References	156
CHAPTER 12	
ACCESSORIES TECHNIQUES:	
2 PRACTICAL CASES	159
<i>Pegah Ceric-Dehdari</i>	
First Case	160
Second Case	166
Index	172