



DERMATM
INSTITUTE

...your journey in aesthetics starts here!

Skin Boosters Training Course

CANADA TRAINING

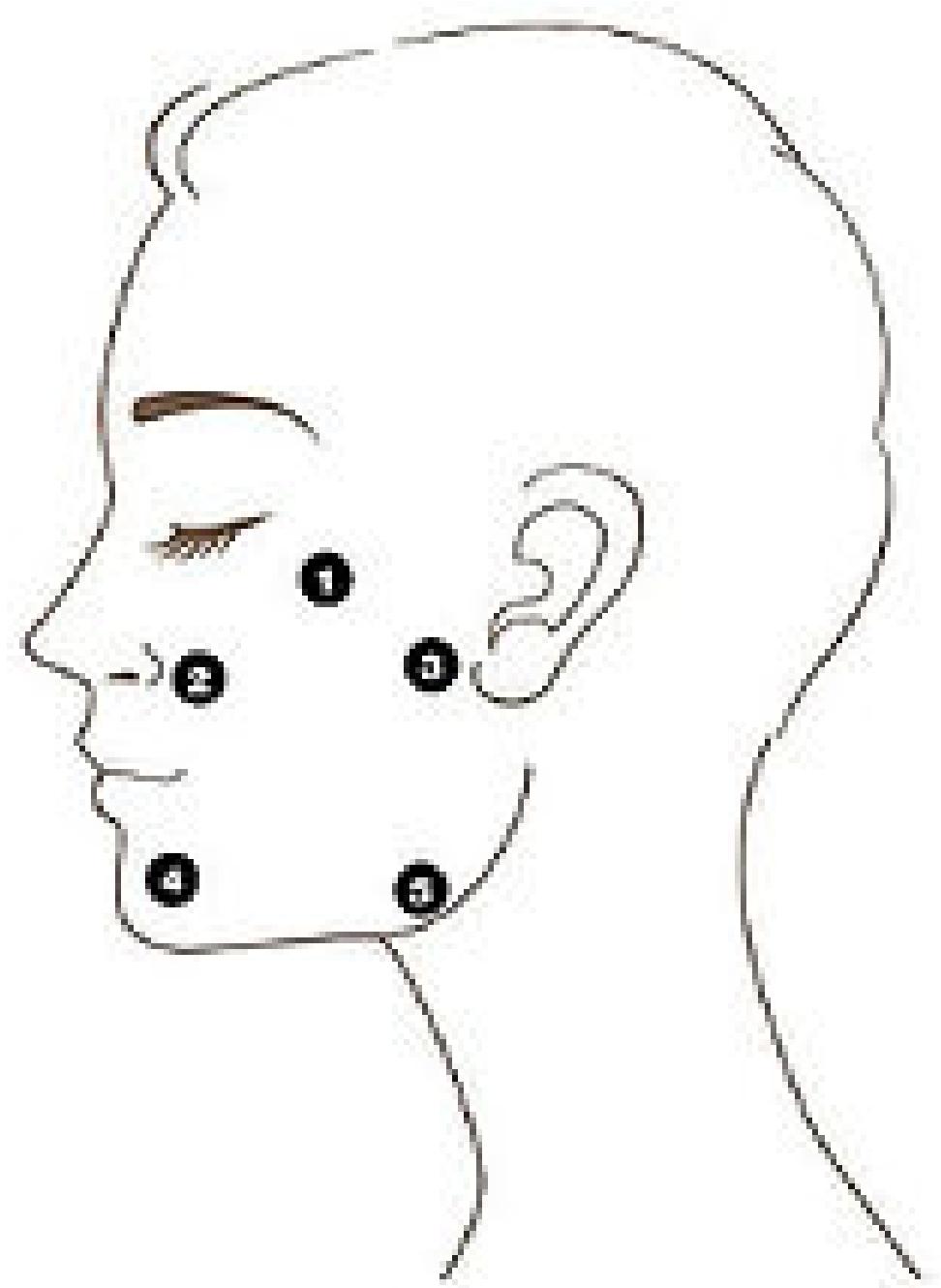
CONTENTS AND LEARNING OUTCOMES

- 1** Injection Techniques and patterns
- 2** Mesotherapy
- 3** Profhilo and Juvéderm Skinvive
- 4** Side-effects and Complications



INJECTION TECHNIQUES & PATTERNS

THE BIO AESTHETIC POINTS **(BAP)** TECHNIQUE





THE

BAP TECHNIQUE

(BIO AESTHETIC POINTS)

This technique was created for the lower third of the face due to its predisposition to dermal atrophy caused by the aging phenomena.



identify the 5 BAP
injection sites on
each side of the face

inject 0.2 ml per bolus
at the superficial
subcutaneous layer

These 5 points identify the 5 anatomically receptive areas of the face with an absence of large vessels and nerve branches, therefore, minimizing the risks while maximizing the diffusion of the product in the malar and submalar areas.

1 **ZYGOMATIC PROTRUSION**

at least 2 cm away from the external corner of the eye

2 **NASAL BASE**

- draw a line connecting the nostril and tragus
- draw a perpendicular line starting from the pupil
- locate the injection point at the intersection of the 2 lines

3 **TRAGUS**

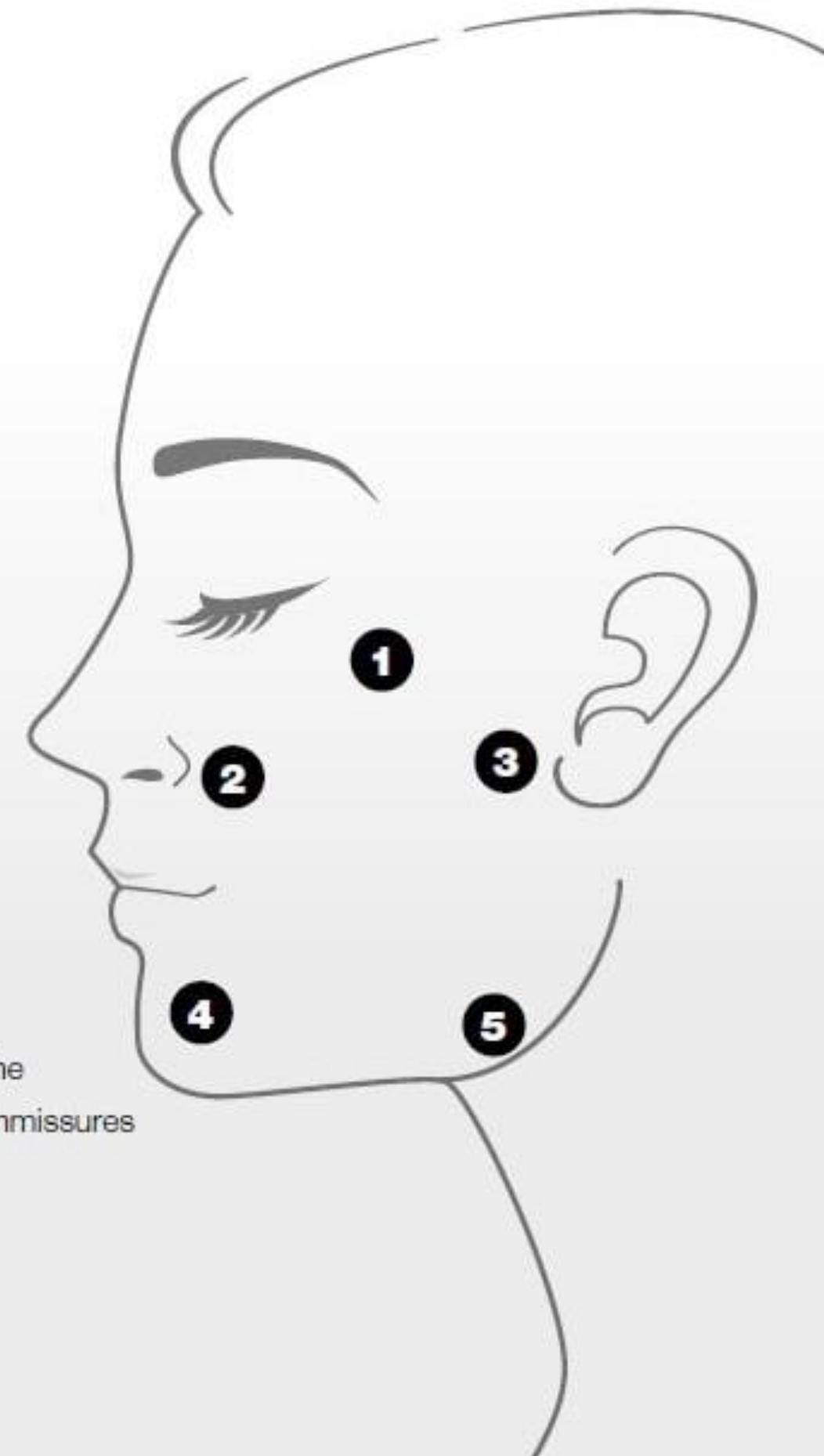
1 cm anterior to the bottom of the tragus

4 **CHIN**

- draw a vertical line in the center of the chin
- draw a perpendicular line one third from the top of the vertical line
- from the point of intersection move 1.5 cm towards the oral commissures

5 **MANDIBULAR ANGLE**

1 cm above the mandibular angle



BENEFITS OF THE **BAP** TECHNIQUE

In order to maximize the diffusion in the malar and sub-malar areas:

The Bio Aesthetic Points were specifically chosen in anatomically respective areas

The dilution phenomenon of the product itself

5 injections per side- less than meso

Reduced pain (slow injection)

Lower possibility of bruising or hematoma

Reduced number of treatment sessions

Greater patient comfort and compliance



MESOTHERAPY

THE HISTORY OF MESOTHERAPY

Mesotherapy (from Greek *mesos*, "middle", and therapy from Greek *therapeia*, "to treat medically") is a non-surgical cosmetic medicine treatment.

Historically mesotherapy employed multiple injections of pharmaceutical and homeopathic medications, plant extracts, vitamins, and other ingredients into the mesodermal layer of tissue under the skin to promote the loss of fat or cellulite.



THE HISTORY OF MESOTHERAPY

Michel Pistor (1924–2003) performed clinical research and founded the field of Mesotherapy. Multi-national research in intradermal therapy culminated with Pistor's work from 1948 to 1952 in human Mesotherapy treatments. The French press coined the term Mesotherapy in 1958. The French Académie Nationale de Médecine recognized Mesotherapy as a Specialty of Medicine in 1987.



HOW DOES MESOTHERAPY WORK?

Mesotherapy is a skin rejuvenation treatment that delivers various nourishing substances into the layers of the skin where cell repair and growth occurs.

There are numerous types of vitamins, amino-acids, minerals, hyaluronic acids, all essential components for healthy skin cells, that can be delivered by mesotherapy.

Mesotherapy involves either multiple injections, or multiple needle punctures where topical serums have been applied to the skin.

*There are many mesotherapy based vitamin injections that deliver substances into the skin without supporting clinical data on the safety or efficacy.



MESOTHERAPY INDICATIONS

Usually treating the face, neck, décolletage and hands

- Dull skin
- Dry skin conditions
- Sun damaged skin
- Superficial lines and wrinkles
- Hair loss- (NUCLEOFIL MEDIUM PLUS)
- Small pockets of fat
- Cellulite
- Tighten loose skin

MESOTHERAPY- INJECTION TECHNIQUES

The technique uses very fine needles to deliver a series of injections into the middle layer (mesoderm) of skin. The idea behind Mesotherapy is that it corrects underlying issues like poor circulation and inflammation that cause skin damage.

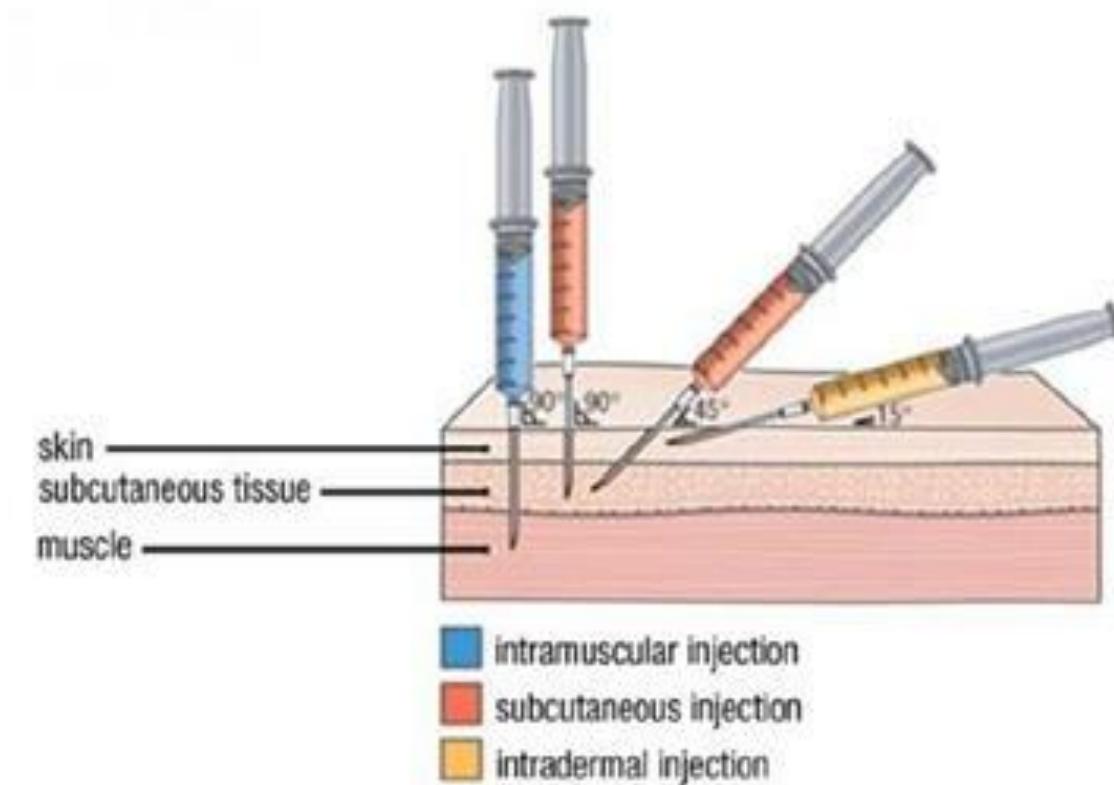


Generally, according to depth, working from the epidermis to the hypodermis, a distinction is made between one of these 3 techniques:

PAPULE: 1 to 2mm, with bevel upwards

NAPPAGE: 2 to 4mm, angle 30° to 60°

POINT BY POINT: deep injections, 4 to 12mm



MESOTHERAPY- PAPULE

This is a superficial intradermal technique, which consists of injecting the product at the junction between epidermis and dermis, peeling epidermis from the basal lamina.

The tip of the needle is inserted into the most superficial layer of the skin and a depth of between 1 and 2 mm, with the bevel facing upwards. A pale, clearly delineated papule appears at the time of injection. Its absence is a sign of poor technique. The papule fades with the space of a few minutes and disappears entirely within the next 30 minutes. This technique is particularly suitable for wrinkles.



MESOTHERAPY- NAPPAGE

This technique was developed by Dalloz Bourguignon and is the most commonly used technique.

Nappage is a superficial intradermal technique which consists of performing a series of injections 2 to 4mm apart while continuously maintaining a regular and constant pressure on the plunger. The needle is inserted at an angle 30° to 60° and a depth of between 2 and 4mm.

The product/medication is deposited on the surface is left in contact with the epidermis for 3 to 5 minutes to assist its penetration. There is a variation on the technique with an epidermal nappage which consists of applying the product to the epidermis, at a depth of less than 1mm. This has the advantage of causing minimal bleeding, if any, bleeding.



MESOTHERAPY- POINT BY POINT



This is a deep intradermal or hypodermic injection technique, consisting of separate injections at depths from 4 to 12 or even 15mm depending on the area and the indication for treatment.

P.B.P is generally indicated in rheumatology, in sports pathologies and in aesthetic medicine for the treatment of cellulite. In the latter case, it is particularly suited to targeting deep nodules or for fibro-sclerous cellulite.

MESOTHERAPY

There are no hard and fast rules of injection pattern, however it is recommended that the injections are spread out evenly at 1cm intervals. A full face can be treated or the areas of concern.

Local anaesthetic cream may be applied prior to treatment to numb the skin, this need not be a painful treatment but some of the ingredients may sting or burn.

MESOTHERAPY- DOES IT HURT?



Local anaesthetic cream may be applied prior to treatment to numb the skin, this need not be a painful treatment but some of the ingredients may sting or burn.

MESOTHERAPY- CAUTIONS/ CONTRAINDICATIONS

There are a number of medical conditions and or medicines that may affect the decision to treat or the treatment plan.

With any injectable treatment;

- Treatment is not recommended if your patient is suffering from any skin infection in or near the treatment area or are unwell in any way (even a cold).
- If they have previously experienced allergic reactions to any of the ingredients or local anaesthetic.
- If they are taking any medicines which affect bleeding, such as aspirin or warfarin.
- If they are taking steroids or have autoimmune disease.
- If they have any bleeding disorders.
- If they are suffer from a poorly controlled medical condition.
- If they are pregnant or breastfeeding.
- If they are currently or have recently completed a course of Roacutane (Isotretinoin acne treatment) in the last 18 months.
- If they have active acne.
- If they have previously been treated with a permanent injectable implant.
- If they have suffered from keloid scars.
- Epilepsy
- Under the age of 18.
- Active rosacea
- Allergies to stainless steel
- Collagen vascular diseases or cardiac abnormalities
- Scleroderma
- Diabetes
- Eczema, psoriasis and other chronic conditions
- Immunosuppressive therapy
- Open wounds or sores
- Raised moles in the procedure area
- Clients on anticoagulants
- Wound-healing deficiencies
- Wait 6 months after Ro-Acutane, Isotretinoin drug
- Irritated skin in the procedure area
- History of contact dermatitis
- History of keloid scars
- History of post inflammatory hyperpigmentation

MESOTHERAPY- AFTER CARE

- Do not wash or take a shower for at least 8 hours after Mesotherapy treatment. Do not take hot baths for 48 hours after treatment. After the 48 hour period, for the first week baths are allowed but are limited to 15 minutes (which will assist with any bruising that may have occurred).
- Immediately following the procedure, ice should be applied to the area & may be applied as needed to reduce swelling for the first 24-48 hours. You will note some redness, stinging, & burning within 15 minutes to 2 hours after treatment, and later, swelling and bruising, which peaks between 6-72 hours
- Avoid exercising for 48 hours after treatment. Exercise will cause you to sweat and excrete the solution out the pores of the skin, which will decrease effectiveness of the treatment.
- Avoid hot tubs, saunas, Jacuzzis, swimming pools, the ocean or open water (outdoor) and massages are NOT recommended for 48 hours after treatment.
- Drink at least 2 litres of water the day of treatment and continue this intake of water for up to one week.
- Avoid direct sun exposure, tanning beds, sauna or heat for about two weeks after undergoing this procedure.
- If necessary to go into the sun, use SPF 50 at all times.
- If you notice extreme redness, heat, swelling or pain at the injection site contact your clinician.

THE GOAL WITH MESOTHERAPY

The goal of mesotherapy in skin rejuvenation is:

- to increase the biosynthetic capacity of fibroblasts with the reconstruction of an optimal physiological environment
- enlargement of cellular activity (production of new collagen, elastin and hyaluronic acid) leading to increased firmness, brightness, and hydration of the skin
- Injection into the superficial dermis of suitable products, perfectly biocompatible and totally biodegradable, can provide this
- Decreasing of wrinkles is also possible when the procedure is repeated over time

THE BENEFITS OF MESOTHERAPY

- Good for mild–moderate aging
- Easy to perform
- Low pain
- No necessity for a skin test
- Limited side-effects
- No downtime or recovery time
- Can be performed on most skin phototypes

DERMAL FILLERS VS SKIN BOOSTERS

Dermal Fillers	Skin Boosters
Both are made up of hyaluronic acid	
Creates volume	Improves overall appearance of the skin
Shapes and contours the face	Restores hydration and moisture
Injected beneath the skin's surface	Injected superficially
Immediate results	Full results show 2-4 weeks post treatment
Lasts 6-18 months	Last 6-12 months

HYALURONIC ACID VS POLYNUCLEOTIDES

Hyaluronic acid

Within the skin, it plays an important role in the hydration of extracellular space, it constitutes a matrix for supporting the normal functions of the cells, it also has functions in space filling, lubrication, wound healing, modulation of inflammatory cells and scavenging of free radicals

Polynucleotides

Polynucleotides have various functions: they increase the hydration of the skin layers and protect the cells from oxidative stress thanks to their chemical structure. Moreover, they bind to specific receptors present on cells, triggering metabolic mechanisms which lead to an increase of collagen, elastin and endogenous hyaluronic acid

For this reason, polynucleotides are defined as bio-restructuring compounds, that not only nourish and protect cells, but above all stimulate an increase in production and efficient reproduction thus considerably reducing the ageing process



JUVÉDERM- SKINVIVE

JUVÉDERM- SKINVIVE

Juvéderm Skinvive skin booster is the latest range of hyaluronic acid skin booster launched by Juvéderm. It is an innovative hyaluronic acid product designed to improve skin hydration, skin elasticity, and nourish the skin from the inside out for up to 9 months.

HOW IS THE PROCEDURE PERFORMED?

The Juvéderm Skinvive skin booster involves a series of micro-injections of long-lasting hyaluronic acid throughout the skin area. The treatment area is first applied with an anaesthetic cream. After considerable anaesthesia has set in, detailed injections of the product using ultra-fine needles are done to ensure correct depth placement of the product throughout the skin. Juvéderm Volite is made up of hyaluronic acid molecules mildly cross-linked through the patented Vycross Technology. It absorbs water, and bring deep hydration to the treated areas, as well as conferring elasticity, glow, and firmness.

JUVÉDERM- Skinvive



Individuals who experience dry skin, fine lines, fine wrinkles, and mild skin laxity on their face can benefit from this procedure. Those with good skin who want to preserve their youthful looks may also consider Juvéderm Skinvive as a preventive treatment against skin ageing.

WHAT IS THE DIFFERENCE BETWEEN SKINVICE SKINBOOSTER AND OTHER SKINBOOSTER TREATMENTS?

Traditional skin booster injections offered in the market requires 3 injection sessions over a period of 2-3 months, and require a repeat of the whole process within 6 months, Juvéderm Skinvive, through its unique molecular stability, requires only 1 injection session and results can last 6-9 months. This translates to more convenience, less downtime, and longer lasting results.

CAUTIONS

Patients with a history of permanent filler

Patients who have just been treated with tear trough filler

Patients who are prescribed immunosuppressants, anticoagulants, NSAIDS

Patients with a hypersensitivity to product ingredients

Pregnant or breastfeeding patients

Not to be used on skin which is damaged, inflamed or infected

Patients prone to keloid formation, hyperpigmentation or hypertrophic scars.

Advise your patient to contact yourself or the GP if they develop raised, inflamed, itchy or painful skin- Assess for signs of infection

AFTER CARE

- Use a cold pack to reduce any swelling and redness
- Avoid physical strain or sports for 24 hours post treatment
- No further cosmetic therapies for a week post treatment
- Avoid the use of sauna, steam rooms, icy temperatures or UV radiation for two weeks post-treatment
- Microdermabrasion or chemical peel can be done 2 weeks post or prior to the treatment
- If the patient has had a recent vaccination, leave 4 weeks post vaccine before treating

MANAGEMENT OF SIDE EFFECTS AND COMPLICATIONS

Bruising and Swelling- Common and settles with time

Haematoma- Compression for up to 5 mins or until bleeding stops.

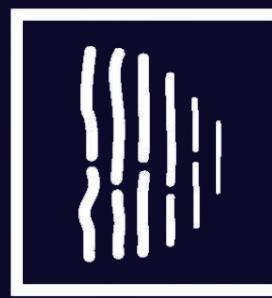
Bacterial Infections- Antibiotics may be needed- refer to local guidelines

Anaphylaxis- Follow the Anaphylaxis protocol from the Resuscitation Council UK

LET'S LANDMARK!!!

Please get into groups of 2 or 3 and mark out the BAP and Mesotherapy Injection pattern

Enjoy and take your time!!!



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THANK YOU!

