

# ADVANCED TECHNIQUES WITH MESOCEUTICALS®














# TREATMENT PROTOCOLS

## Initial considerations

### THE IMPORTANCE OF INGREDIENTS: THE MESOCEUTICALS®

It is very important to use sterile and aseptic products in treatments with Meso Pen or Meso Roller. You have to keep in mind that this type of treatment produces small wounds on the skin's cutaneous surface. Therefore, the application of non-sterile products on the patient's skin may improve the risk of different cutaneous infections. Plus, the additives, preservatives and perfumes added to non-sterile products suppose a higher risk of allergies because when applied with Meso Pen or Meso Roller they reach a higher depth than with topic use.

The Institute BCN's mesoceuticals® are:

	Meticulously selected pure active ingredients		Based on original mesotherapy formulas		Sterile (no preservatives or additives) and highly tolerant		Pharmaceutical formulations
	Safe		Highly concentrated		Proven effectiveness		Comfortable application using a gentle cosmetic procedure
	Products can be combined to obtain a specific mix for each individual case to be treated		Monodose		Mesotherapeutic product for aesthetic purposes		

### RECOMMENDED PROTOCOL

Institute BCN team works hard to know and prove the **latest improvements on techniques and procedures applied to transdermal mesotherapy treatments**. The recommendations you will find below are the result of our daily work.

Institute BCN strongly recommends the following two-phase protocol:

1. Meso Pen (ideally) or Meso Roller treatment.
2. TDS treatment (Transdermal Delivery System)\* for the application of a hyaluronic acid layer on face treatments and hyaluronic acid + DMAE layer on body treatments.

\* [Electroporation, iontophoresis, ultrasounds, thermotherapy, vacuum therapy, galvanic and continuous currents or radiofrequency, among others].

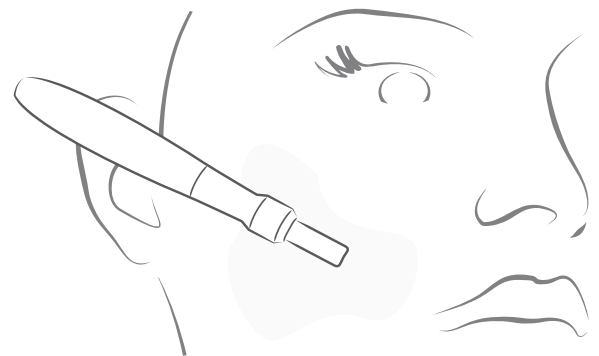
For fast and visible results it is recommended a combined technique Meso Pen (Meso Roller) + TDS. It is also possible to perform the treatment only with Meso Pen, Meso Roller or TDS individually. For traditional mesotherapy treatments see the applicable law in your country.

### BENEFITS OF MESO PEN + TDS PROTOCOL

**Meso Pen** is an electronic micro needle mechanism that opens more than **1.000 micro channels per second in the skin**. These cutaneous micro channels or micro trauma create an innate response on the organism that helps repair the skin, which leads to the following benefits:

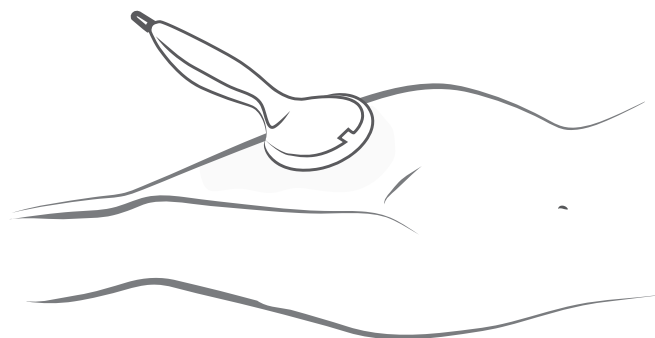
- Stimulates **collagen and elastin** creation.
- Has a **firming and rejuvenating** effect.
- Improves the appearance of **scars and stretch marks**.
- Improves skin **wrinkles** and fine expression lines.
- Reduces **pore** size.
- Stimulates **hair** growth and prevents hair loss.
- In addition, favours the penetration of **active ingredients**.

Meso Pen is the **most secure, hygienic, quick and effective** transdermal penetration system of the market.



The application of a **Hyaluronic Acid 2% (BCN Classics, sterile vial)** after the Meso Pen treatment, applied with any of the transdermal delivery systems (TDS), leads to the following benefits:

- Creates a '**sealing effect**' that fixes the product or mix applied during the treatment, increasing its results.
- This 'sealing effect' contributes to **prevent transdermal water losses** that may arise from Meso Pen treatments and increases skin hydration.
- **Protective** action. It creates a non occlusive film that protects the skin from environmental aggressions.
- **Scarring** effect. It favours a quick skin re-epithelialisation, in other words, the recovery of its normal functions and cellular communication after disturbances induced by Meso Pen treatment.
- **Filling** action. Hyaluronic acid retains water molecules creating a filling effect and increasing skin volume.
- Also, it offers a **warm and nice sensation** to the patient as the final part of the treatment.



## SESSIONS' INTERVAL / ACTIVE INGREDIENTS QUANTITY

### Sessions

We recommend a **14 days** interval between sessions with Meso Pen.  
We recommend a **7 days** interval between sessions with Meso Roller.  
We recommend a **6 days** interval between sessions with TDS.

### Quantity / area

Mixtures quantities can be changed according to the treated area and the system used.

## TREATMENTS WITH MESOCEUTICALS®



ACNE



ANTI-AGEING



CELLULITE



EYE AREA



STRETCH MARKS  
AND SCARS



LOCALIZED FAT



HYPERPIGMENTATION



HAIR LOSS



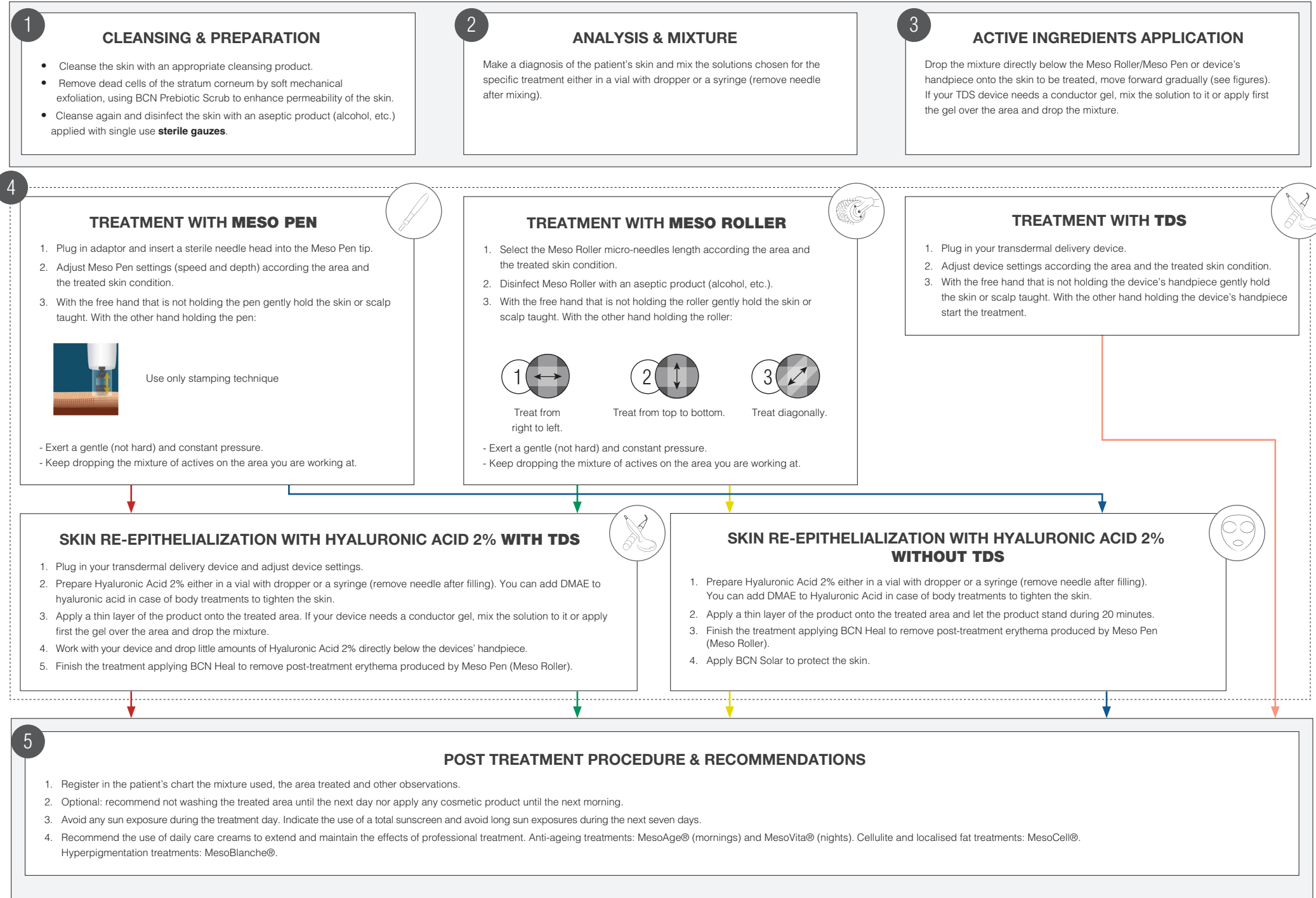
FIRMING



COUPEROSE

## WARNINGS

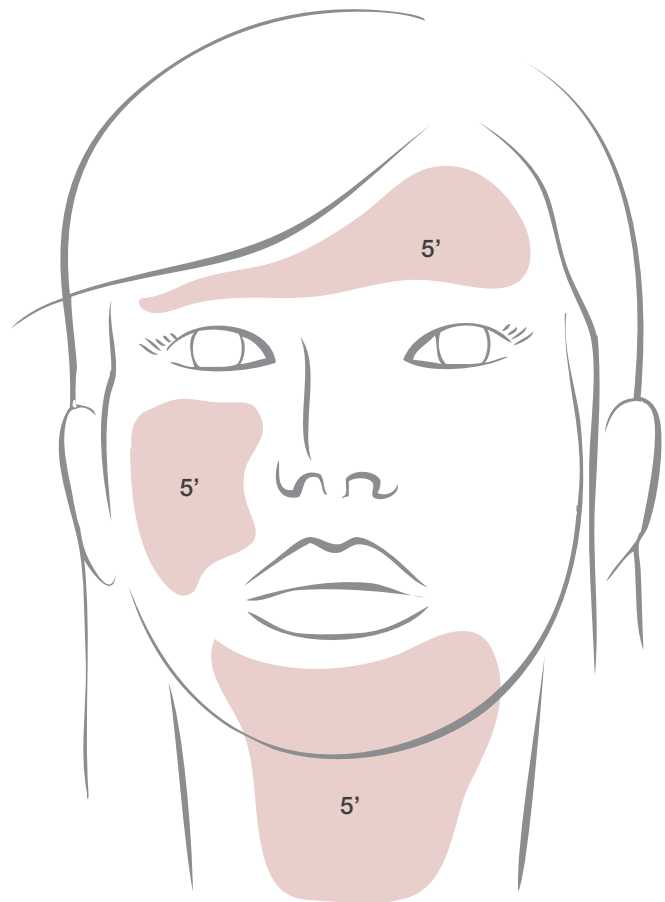
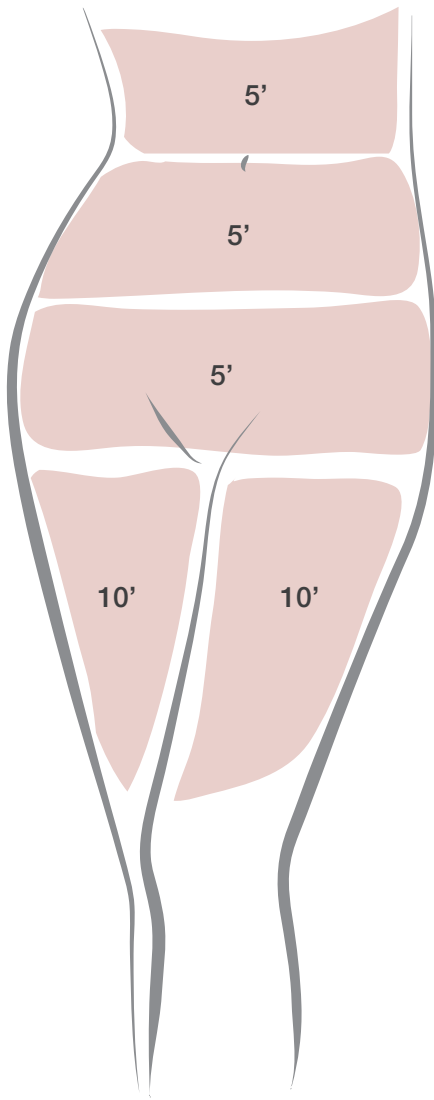
- See the applicable law in your country.
- We recommend getting a signed consent from each patient before starting the treatment.
- To avoid infections, make sure the device is not in touch with other objects before the treatment.
- Follow the hygienic standards of medical-aesthetic practice (disinfection, use of gloves, treatment room's proper cleansing, etc.).
- Examine skin's patient before treatment. Do not perform the treatment if the skin is infected, inflamed, injured or if there is any other anomaly.
- Make sure you check the seal, damage and term of validity of the active ingredients before starting the treatment.
- Meso Pen needles are for single use only. Meso Roller is for personal and not transferable use and should be disinfected before and after each treatment.
- Do not exert excessive pressure with Meso Pen nor and Meso Roller.
- Avoid the contact of Meso Pen and Meso Roller with lips and eyelids, as the skin is thinner in these areas.
- Do not perform this kind of treatments to underage people.
- Redness and burning/ itching mild sensation are absolutely normal reactions after the treatment with Meso Pen or Meso Roller. Duly inform the patient about it.
- Follow the instructions, contraindications and warnings supplied by the manufacturer of the device used for the treatment carefully.
- You should pay special attention to patients who have or have suffered from various diseases such as heart abnormalities, blood clotting problems, platelet abnormalities, anticoagulant therapy, facial cancer (past or present), chemotherapy, steroid treatment, facial skin diseases, diabetes and other chronic diseases. It is not recommended to use Meso Pen to pregnant or lactating women. It is also not recommended to apply a Meso Pen treatment to people who have undergone a botox treatment after 2 weeks minimally or 4 if they have some kind of filler.
- If rashes, allergic reactions or other unwanted effects occur, stop the treatment immediately and contact Institute BCN [customerservice@institutebcn.com](mailto:customerservice@institutebcn.com).



## TDS

RECOMMENDED TREATMENT TIME PER AREA

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# MESO PEN

RECOMMENDED DEPTH PER AREA<sup>1</sup>

INSTITUTE BCN / TREATMENT PROTOCOLS / TIME & DEPTH PER AREA



## Forehead

- THIN SKIN**  
0,25 - 0,5 mm
- THICK SKIN**  
0,5 - 0,75 mm

## Periocular

- THIN SKIN**  
0,25 mm
- THICK SKIN**  
0,5 mm

## Glabella

- THIN SKIN**  
0,25 - 0,5 mm
- THICK SKIN**  
0,5 - 1,0 mm

## Nose

- THIN SKIN**  
0,25 mm
- THICK SKIN**  
0,5 mm

## Zygomatic arch

- THIN SKIN**  
0,5 mm
- THICK SKIN**  
0,5 - 1,0 mm

## Upper lip

## Facial scars

- THIN SKIN**  
1,0 - 1,25 mm
- THICK SKIN**  
1,5 - 2,0 mm

- THIN SKIN**  
0,25 mm
- THICK SKIN**  
0,5 - 0,75 mm

## Stretch marks

- THIN SKIN**  
1,0 - 1,5 mm
- THICK SKIN**  
1,5 - 2,0 mm

## Surgical scars and burns

- THIN/THICK SKIN**  
2,0 - 2,5 mm

## Cheek and chin

- THIN SKIN**  
0,5 - 1 mm
- THICK SKIN**  
1,0 - 2,0 mm



## DEPTH

## SPEED

Less than 0,5 mm	6.500 rpm = 108 cycles/seg
0,5 - 0,75 mm	7.500 rpm = 125 cycles/seg
0,75 - 1,25 mm	8.500 rpm = 141 cycles/seg
1,25 - 1,5 mm	9.500 rpm = 158 cycles/seg
1,5 - 2,5 mm	10.000 rpm = 166 cycles/seg

START BUTTON  
AND SPEEDS

# MESO PEN

RECOMMENDED DEPTH PER AREA<sup>1</sup>

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<sup>1</sup> Depths over 2mm can only be applied by qualified medical professionals.