

# **BCN ADIPO FORTE**

## Lipolytic Cocktail

A product designed to get rid of localised fat deposits from the body contour, abdominal folds, upper arms, thighs, buttocks, knees and waist. It can also be used to get rid of lipomas and in liposuction treatments.

Phosphatidylcholine dissolves the fat stored in the adipocytes or fat cells, which allows to eliminate localised adiposities.

L-carnitine mobilizes fat deposits making them available for metabolism to burn them. Organic silica keeps the epidermis hydrated, firming and strengthening the skin. It acts as well as an anti-oxidant to actively prevent the acceleration of premature ageing.

Deoxycholate acid is used in the reduction of localised fat. It is recommended for people who are of normal weight or slightly over, but who have localised areas of fat and for people wishing to optimise and maintain the results of a fat reduction treatment.

## DETAILED INFORMATION

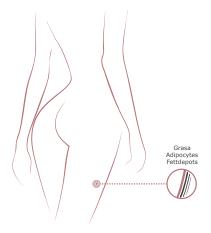
BCN Adipo Forte from the BCN Cocktails line is designed to help get rid of localised fat deposits from the body contour, abdominal folds, upper arms, saddlebags, thighs, buttocks, knees and waist. It can also be used in conjunction with liposuction treatments. It contains phosphatidylcholine, deoxycholate acid, l-carnitine and organic silica.

Phosphatidylcholine, also known as lecithin, is one of the principle constituents of cell membranes and of the lipoproteins that circulate in the blood. Its function is to dissolve the fat stored in the adipocytes or fat cells, enabling it to be absorbed and carried away. It is therefore the ideal solution for getting rid of localised fat deposits.

Deoxycholate acid conjugates with glycine or taurine. It is used to reduce localised fat, and is especially recommended for people who are of normal weight or slightly over. It is also suitable for people who want to optimise the results of other fat reduction treatment. L-carnitine is present naturally in the body and its principal function is to transport fat deposits into the mitochondrial matrix so that they can be converted into energy. As it breaks down accumulated fat, it is known as a fat burner.



Organic silica is a structural element of the connective tissue which rehydrates, renews and regenerates the cells by stimulating and regulating the proliferation of fibroblasts, improving the synthesis of collagen and promoting the regeneration of elastic fibres. It also keeps the epidermis hydrated, firming and strengthening the skin. It acts as well as an anti-oxidant to actively prevent the acceleration of premature ageing. Because of the beneficial properties of this ingredient, it is included in almost all treatments for cellulite and lipolysis.



PRESENTATION
Vial | 10 ml | 0,351 fl.oz. | Box of 5 vials

### ACTIVES

Phosphatidylcholine, Deoxycholate Acid, L-Carnitine, Organic Silica

TREATMENTS

Localized fat

#### CI AIM

Improves the appearance of cellulite on the skin surface.

### TREATMENTS AND RECOMMENDED MIXTURES<sup>1</sup>

LIPOLYSIS AND LOCALIZED FAT Localized fat

BCN Adipo Forte Organic Silica & DMAE 5 ml

5 ml

<sup>1</sup> Create most appropriate mixture individually for your client's skin problem.

More information: www.institutebcn.com



# 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



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:

- Meso Pen (ideally) or Meso Roller treatment.
- 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].

It is not indispensable to apply the combined technique Meso Pen + 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.

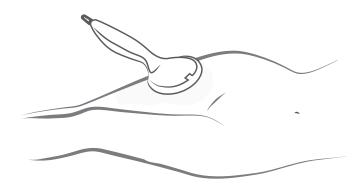
Meso Pen is the **most secure, hygienic, quick and effective** transdermal penetration system of the market.





The infiltration of a Hyaluronic Acid 2% (BCN Classics, sterile vial) layer 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

We recommend a 14 days interval between sessions with Meso Pen. Sessions

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®



























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 undergo 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.



## STEP BY STEP



#### **CLEANSING & PREPARATION**

- · Cleanse the skin with an appropriate cleansing product.
- Remove dead cells of the stratum corneum by soft mechanical exfoliation to enhance permeability of the skin.
- Cleanse again and disinfect the skin with an aseptic product (alcohol, etc.) applied with monouse gauzes.



#### **ANALYSIS & MIXTURE**

Make a diagnosis of the patient's skin and mix the solutions chosen for the specific treatment either in a vial with dropper or a syringe (remove needle after mixing).

#### **ACTIVE INGREDIENTS APPLICATION**

Drop the mixture directly below the Meso Roller/Meso Pen or device's handpiece onto the skin to be treated, move forward gradually (see figures). If your TDS device needs a conductor gel, mix the solution to it or apply first the gel over the area and drop the mixture.

#### TREATMENT WITH MESO PEN

- 1. Plug in adaptor and insert a sterile needle head into the Meso Pen tip.
- 2. Adjust Meso Pen settings (speed and depth) according the area and the treated skin condition.
- 3. With the free hand that is not holding the pen gently hold the skin or scalp taught. With the other hand holding the pen:



Make little circles from





Treat from top to bottom

Treat diagonally

- Keep dropping the mixture of actives on the area you are working at.

#### TREATMENT WITH MESO ROLLER

- 1. Select the Meso Roller micro-needles length according the area and the treated skin condition.
- 2. Disinfect Meso Roller with an aseptic product (alcohol, etc.).
- 3. With the free hand that is not holding the roller gently hold the skin or scalp taught. With the other hand holding the roller:



right to left





Treat from top to bottom.

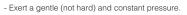
Treat diagonally

#### TREATMENT WITH TDS

- 1. Plug in your transdermal delivery device.
- 2. Adjust device settings according the area and the treated skin condition.
- 3. With the free hand that is not holding the device's handpiece gently hold the skin or scalp taught. With the other hand holding the device's handpiece start the treatment.



- Exert a gentle (not hard) and constant pressure.



- Keep dropping the mixture of actives on the area you are working at.



- 1. Plug in your transdermal delivery device and adjust device settings.
- 2. Prepare Hyaluronic Acid 2% either in a vial with dropper or a syringe (remove needle after filling). You can add DMAE to hyaluronic acid in case of body treatments to tighten the skin.
- 3. Apply a thin layer of the product onto the treated area. If your device needs a conductor gel, mix the solution to it or apply first the gel over the area and drop the mixture.
- 4. Work with your device and drop little amounts of Hyaluronic Acid 2% directly below the devices' handpiece.
- 5. Remove remaining product with monouse gauzes.





- 1. Prepare Hyaluronic Acid 2% either in a vial with dropper or a syringe (remove needle after filling). You can add DMAE to Hyaluronic Acid in case of body treatments to tighten the skin.
- 2. Apply a thin layer of the product onto the treated area and let the product stand during 20 minutes.
- 3. Remove remaining product with monouse gauzes.





#### POST TREATMENT PROCEDURE & RECOMMENDATIONS

- 1. Register in the patient's chart the mixture used, the area treated and other observations.
- 2. Optional: recommend not washing the treated area until the next day nor apply any cosmetic product until the next morning.
- 3. Avoid any sun exposure during the treatment day. Indicate the use of a total sunscreen and avoid long sun exposures during the next seven days.
- 4. Recommend the use of daily care creams to extend and maintain the effects of professional treatments. Anti-ageing treatments: MesoAge® (mornings) and MesoVita® (nights). Cellulite and localised fat treatments: MesoCell® Hyperpigmentation treatments: MesoBlanche®

**TDS** RECOMMENDED TREATMENT TIME PER AREA

5'



## **MESO PEN**

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

