

Dr. Murat Toktamışođlu

KAL ESTETİK KLİNİK

WHAT TO EXPECT

Mesotherapy Guide

A patient guide for ingredient-focused injection planning and aftercare

20 pages | English

Dr. Murat Toktamışođlu

Medical Aesthetics | drmurattoktamisoglu.com



MEDICAL INFORMATION NOTE

Do not inject what has not been clearly explained

Mesotherapy is a broad term for superficial injections selected for skin, scalp, or other goals. Because formulas vary, safe planning depends on ingredient transparency, evidence level, allergy risk, sterile preparation, and realistic session planning.

Medical information note

This PDF is a general patient education guide. It does not replace a personal diagnosis, treatment plan, medication advice, or urgent medical direction. Suitability depends on an in-person assessment, skin analysis, medical history, medications, allergies, pregnancy or breastfeeding status, and expectations.

How to use this guide

- Mark the questions you want to discuss before your appointment.
- List medications, supplements, allergies, and previous procedures.
- Read the before, during, and after pages as separate checkpoints.
- For unexpected symptoms, contact the clinic or urgent medical care instead of relying on this PDF.

At a Glance

This guide treats mesotherapy as an ingredient-specific medical injection conversation, not as a single miracle treatment.

Before

Goal, formula, allergy history, pregnancy or breastfeeding status, active infection, skin or scalp disease, and medications are reviewed.

During

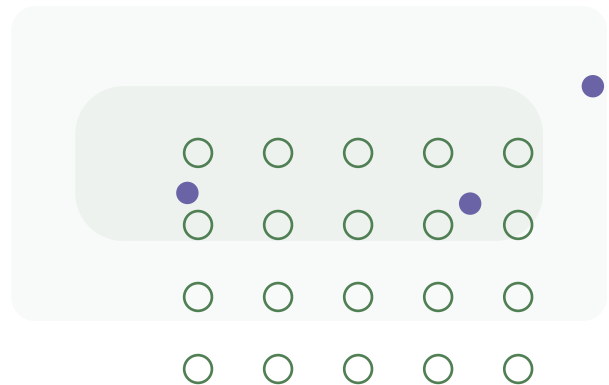
The skin is cleansed and small superficial injections are placed. Formula and technique vary by goal and area.

After

Small bumps, redness, and bruising can be temporary. Infection, firm nodules, or allergic symptoms should not be ignored.

Core idea

The most important question is: what is being injected, why, and with what risk?



Suitability conversation

This page helps separate a well-timed treatment conversation from a plan that needs more review first.

Suitability conversation

- Discussing hydration, brightness, fine texture, or scalp-support protocols.
- Asking clearly for ingredient lists and allergy risk.
- Understanding that many plans require a series rather than one visit.
- Reviewing diagnosis and treatment order when acne, pigment, or hair loss is present.
- Accepting that evidence varies by ingredient and indication.

Pause or review first

- There is infection, open skin, cold sores, or unexplained rash in the area.
- You have allergy to a planned ingredient or prior injection reaction.
- Pregnancy, breastfeeding, immune suppression, or uncontrolled systemic disease applies.
- The formula, source, or sterile preparation process is not clear.
- Hair loss or pigment concerns have not been medically assessed when needed.

Before: Preparation Map

Personal instructions are confirmed during assessment. This framework helps you prepare for the appointment in an organized way.

2 weeks before

- Write allergy, hives, and prior injection reactions.
- For scalp goals, ask whether labs or dermatologic assessment are needed.
- Tell the clinician about medicines or supplements that may increase bruising.

1 week before

- Report active acne flare, infection, or irritation.
- Ask for the ingredient names and purpose.
- Share recent laser, filler, or peel procedures.

24 hours before

- Avoid harsh peels, waxing, or irritating care.
- Avoiding alcohol and intense exercise may help reduce bruising risk.
- Ask about makeup, exercise, heat, and skin-care timing after treatment.

Printable checklist

Designed to print and bring to your appointment. Medication and skin-care instructions must be personalized by your clinician.

- I will ask for the names and purpose of every ingredient.
- I wrote down allergies, hives, drug reactions, and previous injection experiences.
- I checked for active infection, cold sores, rash, or acne flare.
- I will disclose pregnancy, breastfeeding, and systemic disease.
- I will ask whether the skin or scalp problem needs medical investigation first.
- I will ask how session number and interval are decided.
- I will ask how to reach the clinic for infection or nodule symptoms.
- I will clarify makeup, exercise, heat, and skin-care rules.
- My expectation is skin-quality support, not dramatic structural change.

My notes

Procedure day flow

The target area, skin status, and possible underlying disease are reviewed.

The planned ingredients and why they were selected are explained.

The skin is prepared with antiseptic; topical numbing may be used.

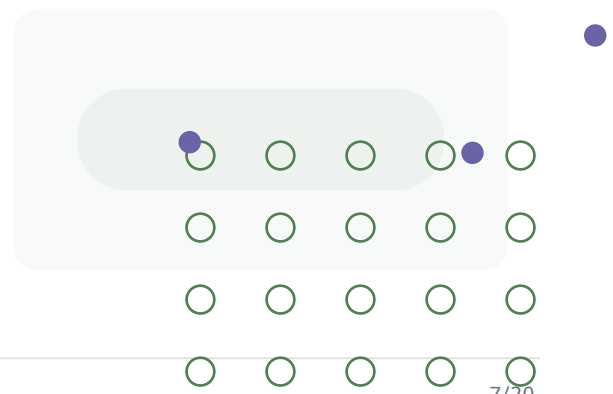
Superficial microinjections are placed in a planned pattern.

Small bumps or pinpoint bleeding are checked.

Home care and session interval are planned according to response.

Appointment rhythm

Unclear formulas or products from unknown sources should not be used.



What It May Feel Like

Knowing what to report during the procedure is as important as knowing what sensations are common. Individual pain threshold and treatment area matter.

During

- Short pinches, stinging, burning, or pressure can occur.
- Small bumps are often temporary and may settle within hours depending on the area.
- Bruising and tenderness can occur because multiple injections are used.
- Itching, widespread redness, or lip, eye, or breathing symptoms may suggest allergy.
- Increasing pain, pus, or heat can suggest infection and needs review.

Say it immediately

Speak up immediately about sharp, escalating, or focal pain; burning; vision symptoms; dizziness; breathing or swallowing difficulty; or any unusual sensation.

After: First 24 Hours

The first day is about keeping the treatment area calm and recognizing unusual symptoms early.

01

Keep the area clean and ask when touching or makeup is allowed.

02

Avoid heat, intense exercise, and pools for the instructed period.

03

Do not squeeze, massage, or pick small bumps.

04

Do not wait if allergic symptoms or rapidly increasing swelling occur.

05

Keep skin care simple and restart acids or retinoids only as instructed.

06

For scalp treatment, clarify hair washing and styling timing.

Recovery and Result Window

0-24 hours

Small bumps, redness, pinpoint bleeding, or tenderness can occur.

2-3 days

Bruising and tenderness usually improve; keep watching for infection signs.

1-2 weeks

Brightness or hydration feel may vary between patients.

Series plan

Mesotherapy is often discussed as a goal-based session plan, not a single event.

Maintenance

Persistence depends on formula, lifestyle, skin care, and the underlying concern.

Expected or Needs Review?

Expected

- Small bumps
- Pinpoint redness or bruising
- Mild burning or tenderness
- Temporary itching
- A few days of tissue sensitivity

Prompt care

- Hives, lip or eye swelling, or breathing symptoms
- Fever, pus, increasing heat, or throbbing
- Persistent firm nodule or painful lump
- Rapidly spreading redness
- Severe pain or unexpected color change

Status

If unsure, take a photo, note the time, and use the clinic contact channel.

Safety Questions

A safe process is not only about a product or device; it also depends on patient selection, documentation, sterile setup, follow-up, and a complication plan.

- I shared medications, supplements, allergies, and previous procedures.
- I disclosed pregnancy, breastfeeding, active infection, cold sores, or a new skin reaction.
- I asked for the product or device name, source, and why it is suitable for me.
- I asked about sterile setup, single-use materials, and aftercare contact.
- Follow-up timing and early warning signs are clear.
- I shared upcoming travel, major events, or intense exercise plans.
- I understand that urgent symptoms should not be watched at home.
- Are all ingredients, lot details, and sterile preparation steps documented?
- Is there any finding or risk today that should make us postpone treatment?
- Will product/device, lot/serial, dose/energy, and treatment map be documented in my file?
- Which symptom requires same-day clinic contact, and which requires urgent medical care?

Daily Routine and Lifestyle

Skin routine

- Keep the skin clean and simple on the first day.
- Sun protection and barrier care support skin-quality goals.
- Do not add new products if you are allergy-prone.
- For hair goals, iron, thyroid, hormones, or dermatologic causes may need review.

Lifestyle rhythm

- Sleep, nutrition, smoking, and stress affect skin and hair quality.
- Plan intervals around tissue response, not only convenience.

Reminder

Sun protection, barrier repair, and consistent follow-up strongly influence the quality of many aesthetic plans.

Results and Maintenance Plan

Expectation

- Results vary by formula and goal; one fixed longevity statement is not appropriate.
- Hydration or brightness should not be confused with treatment of deep wrinkles or significant laxity.
- For hair loss, injections alone may not be enough if the underlying cause is not managed.
- Unknown-source formulas are not a safety-conscious option.

Planning language

- RF microneedling or skin-care protocols may be timed separately for texture goals.
- Filler is a volume discussion; mesotherapy is usually a skin-quality discussion.
- Botulinum toxin affects movement-related lines; mesotherapy may affect surface feel.
- Active acne or pigment conditions may need treatment first.
- Scalp plans may include platelet-rich plasma, topical therapy, or medical evaluation.
- Patients with allergy history may need a more conservative or different plan.

Combinations and Alternatives

Rather than pushing one treatment too far, smaller staged steps can look more controlled. Combinations do not always need to happen on the same day.

1

- RF microneedling or skin-care protocols may be timed separately for texture goals.
- Filler is a volume discussion; mesotherapy is usually a skin-quality discussion.

2

- Botulinum toxin affects movement-related lines; mesotherapy may affect surface feel.
- Active acne or pigment conditions may need treatment first.

3

- Scalp plans may include platelet-rich plasma, topical therapy, or medical evaluation.
- Patients with allergy history may need a more conservative or different plan.

Boundary

No treatment is suitable for everyone. Deciding not to treat can also be the medically sound decision.

Physician Review and Consultation Notes

Physician review area

- Medical accuracy and treatment boundaries checked.
- Patient-safety warnings match clinic protocol.
- Product/device wording matches current use and regulatory status.
- It is clear that personal instructions are given during assessment.

Questions to ask

- Exactly which ingredients will be injected?
- What evidence supports those ingredients for my goal?
- How will allergy and infection risk be reduced?
- How many sessions are reasonable, and when will we assess?
- Does my skin or scalp concern need medical testing first?

Publication status

Status: physician-review ready draft. Before publication, Dr. Murat Toktamışoğlu should sign off on clinic protocol, product/device names, and personal-instruction language.

Physician signature

Date

Version note

My notes

Printable checklist

Before

- No active infection, wound, or sunburn.
- Medicines and supplements listed.
- Allergies and past procedures noted.
- Pregnancy or breastfeeding disclosed.
- Product or device name will be asked.
- Calendar allows recovery time.
- Photo and follow-up plan will be asked.
- Urgent contact channel is saved.
- Personal instructions will be written.
- Goals and limits are clear.

During

- Area is cleansed.
- Target areas are confirmed.
- Sterile single-use materials are visible.
- Pain, burning, or vision symptoms will be reported.
- Product or device details are documented.
- Comfort pauses can be requested.
- Color, pain, and swelling are monitored.
- No rushed add-on treatment.
- Home instructions will be reviewed.
- Follow-up date will be asked.

After

- Do not rub the area.
- Delay heat exposure and intense exercise.
- Makeup and skin-care timing is clear.
- Track swelling and redness with photos.
- Do not pick crusts or injection marks.
- Mild bruising can be temporary.
- Worsening pain will not be watched.
- Color change will be reported promptly.
- Breathing, swallowing, or vision symptoms are urgent.
- Follow-up appointment is kept.

Follow-up detail

Follow-up timing, photo monitoring, and early contact symptoms should be clear before you leave.

Aftercare Tracker

Date	Redness/swelling	Pain/tenderness	Note
Day 0			
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			

Early contact

- Hives, lip or eye swelling, or breathing symptoms
- Fever, pus, increasing heat, or throbbing
- Persistent firm nodule or painful lump
- Rapidly spreading redness

Questions to ask

Questions to ask

- Exactly which ingredients will be injected?
- What evidence supports those ingredients for my goal?
- How will allergy and infection risk be reduced?
- How many sessions are reasonable, and when will we assess?
- Does my skin or scalp concern need medical testing first?
- How do I reach you if a side effect occurs?

Short glossary

- Mesotherapy: A technique using superficial microinjections of selected ingredients.
- Formula: The selected ingredient mix used for the procedure.
- Papule: A small temporary bump after superficial injection.
- Sterile preparation: Clean preparation and technique used to reduce infection risk.

Final note

This list is meant to improve the appointment conversation; personal decisions require assessment and medical judgment.

Informed decisions, measured plans.

Sources were used to check patient-safety framing, pre-procedure discussion points, and recovery language.

1

DermNet NZ

Mesotherapy

Used for mesotherapy scope and variable-formula language.

<https://dermnetnz.org/topics/mesotherapy>



2

U.S. Food and Drug Administration

Fat-Dissolving Injections That Are Not FDA Approved Can Be Harmful

Used for safety warnings around unclear injection ingredients.

<https://www.fda.gov/drugs/buying-using-medicine-safely/using-fat-dissolving-injections-are-not-fda-approved-can-be-harmful>



Approval workflow

Physician signoff is required before clinic use.

drmurattoktamisoglu.com

