



The Nest Family Wellness Clinic

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Meso-Therapy Frequently Asked Questions

As this is a new treatment for many people, we hope that some of these FAQ's answer your questions. If you require more information, please contact our clinic.

- **Does Meso-therapy hurt?**
 - The sensation will be different for each person however you may feel a slight pinch when the injection is administered.
- **What are the potential side effects?**
 - Side effects are generally minimal and limited to discomfort, bruising, or inflammation at the injection site or below. These usually clear up within 24-48 hours. Please refer to our aftercare instructions to minimize any bruising. Allergic reaction or anaphylaxis is possible but highly unlikely
- **What are in the injections?**
 - Solutions vary based on the condition treated but consist of safe, low dose nutrients, herbs, and anti-inflammatory molecules with concentrations between allopathic and homeopathic levels. Examples include: vitamin C, collagen, Arnica, CoQ-10, hyaluronic acid, and other important and specific nutrients.
- **Which conditions can Mesotherapy treat?**
 - There are many conditions that can benefit from meso-therapy, the main focus is on fine lines/wrinkles, cellulite, stretch marks, scars and acne. It can also be used to reduce and contour fat. This includes prevention of these concerns at a youthful age
- **How often do I need to get treatment?**
 - Each area and condition has different timeline however the average is 1 treatment per 7-10 days for 3-5 weeks. After this time, your clinician will go over a maintenance plan with you.
- **What programs do you offer?**
 - We offer packages of 3 or 5 treatments at great rates. The 5 week package includes a 10 minute follow up 1 month after your last treatment to assess care plan going forward. It is generally recommended a follow up 1-2 times per year thereafter.
- **When Will I see Results?**
 - Results depend on a multitude of factors including age, sun exposure, history of smoking, area being treated body type, diet, and lifestyle. On average patients notice an improvement over 3-5 treatments however, the treatment is working on the deeper skin layers so results really show 4-6 weeks after initiating a treatment plan. For certain conditions, patients see results as soon as the first treatment
- **Is the treatment covered by my extended benefits plan?**
 - As this therapy is an in-house procedure, it is covered under most extended healthcare plan under Naturopathic Medicine.

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