**Carboxytherapy**

**What is Carboxytherapy?**

Carboxy therapy is a medical aesthetic minimally invasive clinically proven and simple technique to rejuvenate and improve the appearance of cellulite, dark under-eyes circle and stretch marks though the introduction of tiny amount of carbon dioxide gas underneath the skin via small needle.

**How does carboxytherapy work?**

A tiny needle attached to a machine is inserted to the concern area to release a very small controlled amount of carbon dioxide. The presence of CO2 tricks the body of an as oxygen deprived environment causing the red blood cells to rush to the area. When the blood cells reach the location, more oxygen and nutrients delivered to the skin stimulating the production of collagen which revitalizes the skin’s texture and firmness, and thus improving the appearance of skin.

**Is the treatment painful? Is it safe? How long will the treatment take?**

The procedure is well tolerable since topical anaesthesia is applied. Carboxytherapy is safe and can treat all skin types without significant pain or downtime. Each session last between 10-20 minutes.

**How many treatments I need before I see results and how long will it stay?**

The number of treatments depend on the severity of skin condition. Typically a course of between 6-12 sessions per week will be enough and the effect is usually observed after 2 sessions. The duration of result depends on your lifestyle. Touch-up session every 6-8 months is necessary to maintain the results.

**When should one start Carboxytherapy?**

As one ages, the skin’s elasticity declines dramatically and gravity constantly pulls on our faces. Changes related to sun damage gravity become more pronounced and one of the earliest signs of facial aging is the development crow’s feet at the age of thirty, a double chin and flabby jowls at the age of forty and under eye bags at the age of fifty.Previously there was no alternative to surgical face lifts and eye lifts or blepharoplasties. . The choices were fairly black and white; surgery or eye bags. Both areas were very difficult area to treat non-surgically. Now with the advent of novel devices such as Carboxytherapy and skin tightening lasers and lights ,virtually any patient in their thirties or above can be a candidate for a little tightening and firming around the eye and jowl area and the younger the patient the better the result. Eight out of ten patients get noticeable improvement in skin laxity around the eyes after the first two treatments of carboxytherapy and most will see an improvement in skin color, luminosity and texture. If thirty-year-olds+ opt for preventative non invasive procedures such as Carboxytherapy, a new trend will develop resulting in a much different type of ageing than older generations.

**How can Carboxytherapy give back a youthful appearance and help the ageing process?**

There are different types of skin and we all age differently. No matter how well we look after our skin, the inevitable ageing will take place. One can maintain the “perfect skin” by keeping one’s skin firm and taught with collagen to avoid the inevitable sagging that takes place over time. Tighter, firmer skin supports the face and prevents the other soft tissues in our face and the muscles from sagging. The new concept today is to start with tightening and collagen rejuvenation treatments early so as to and avoid or postpone surgical solutions for as long as possible. 4 - 6 treatments of Carboxytherapy are needed 2 - 4 weeks apart. At least one yearly cycle is recommended.

**What can one expect before and after a Carboxytherapy Treatment?**

During the treatment the sensation can be likened to a dull throb or pressure. This mild discomfort lasts 2 to 4 minutes. CO2 is 20 times more soluble than oxygen and it is easily and quickly diffused from the injection site to the surrounding tissue. After a treatment the gas is totally reabsorbed within 5 minutes and the treated area will raise, turn slightly red as oxygen perfuses into the area which undergoes an inflammatory response which stimulates collagen production. After the procedure, there is no pain, just possibly a crackling sensation under the skin that lasts until the gas is excreted. The area should not be immersed in water for about 4 hours. The only side effect is that bruising can occur if one hits a vessel with the needle. However, this only happens in around two percent of patients. Patients can return to work immediately after treatment, a truly walk in, walk out procedure.

**How many treatments are necessary?**

Typically, on the face 4 to 6 treatments of Carboxytherapy sessions are required. Clients have a session every 2 to 4 weeks and each treatment is accumulative. Maintaining beauty isn't a sprint — it's a marathon. Rather than waiting until their problems are bothersome again, patients must appreciate that maintenance goes a long way and a touch up session every 6 to 8 months should maintain results.

**Is Carboxytherapy safe?**

The discomfort is minimised because the gas is heated during the procedure and all unwanted air is drained , as an important additional safety precaution. Because CO2 is non-embolic it is very safe if done with the correct protocols and a pre treatment medical consultation with a doctor. Carbon dioxide is a natural by-product of the body and is not toxic even in elevated doses unless a pre existing medical condition exists. After a treatment the gas is totally reabsorbed within 5 minutes and the area treated returns to normal. Widely distributed in Europe and South America, Carboxytherapy has been used safely and effectively on 30 000 + patients with no complications against conditions as persistent and difficult to treat such as cellulite, psoriasis, diabetic ulcers, venous insufficiency and stretch marks.Carboxytherapy has safely been used for many years and in thousands of patients in laparoscopic operations where large volumes of CO2 are used to insufflate the abdomen. The dosage utilized for aesthetic and therapeutic treatment is less 100cc/min and does not exceed more than 1,000cc of CO2. In normal physiology, our cells produce CO2 as a by-product of cellular respiration, the process of breaking down sugars or fats with oxygen.

**Can all skin types be safely treated with Carboxytherapy?**

Carboxytherapy safely treats all skin types without significant pain or down-time. It can erase years off one’s face and is one of the most effective methods of achieving a significant aesthetic improvement within 2 to 6 months when the effects of collagen stimulation and remodeling become evident. A medical consultation prior to treatment is essential.