

COMPLICATIONS OF MESOTHERAPY IN VIETNAM: CHALLENGES, MANAGEMENT, AND LESSONS LEARNED

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BACKGROUND

Mesotherapy has become a popular cosmetic procedure in Vietnam. However, high costs and strict medical licensing have led to unauthorized practices in homes, spas, and unlicensed clinics. Many complications arise due to improper injection techniques, unsafe drug combinations, and procedures performed by non-medical personnel, sometimes leading to irreversible consequences.

CASE PRESENTATION

This report presents mesotherapy-related complications encountered in Vietnam, including infections, inflammatory reactions, vascular occlusions, and skin necrosis. Management involved pharmacological treatment, wound care, and, in severe cases, surgical intervention. Outcomes varied depending on severity and timely treatment.

DISCUSSION

Key challenges in managing mesotherapy complications include the diversity of injected substances, lack of standardized techniques, and delayed presentation due to unregulated practices. This report examines common pitfalls and highlights best practices for prevention and management.

CONCLUSION

Raising awareness of the risks associated with unauthorized mesotherapy and implementing standardized protocols are crucial for reducing complications. By sharing these case-based insights, we aim to improve patient safety and enhance professional expertise in cosmetic dermatology.