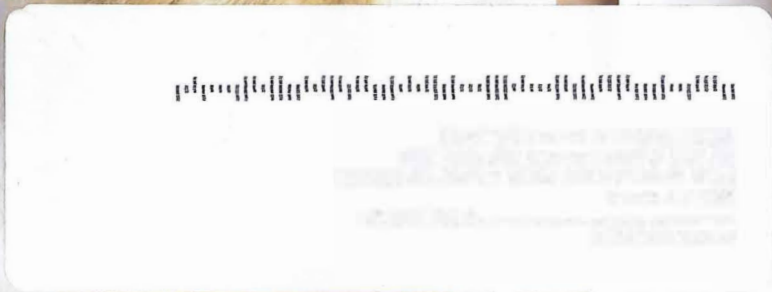
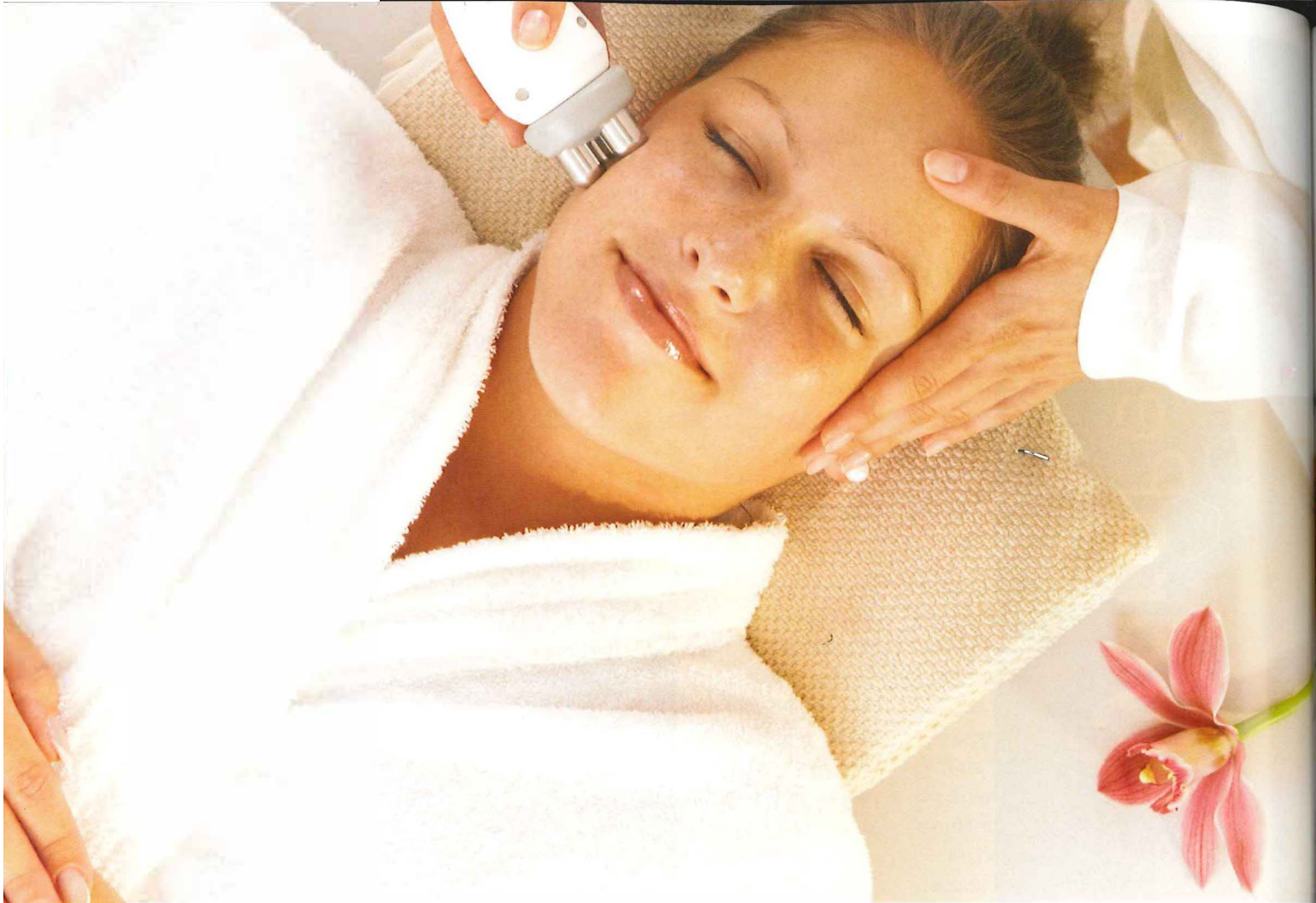


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MULTIPLE THERAPIES AND TREATMENTS

FOR TOTAL REJUVENATION

THE PRACTICE OF COMBINING multiple modalities into one treatment to create dramatic changes in the skin has become increasingly common in the skin health industry. Patients are more knowledgeable than ever, and may push for a more aggressive procedure using multiple modalities to achieve total rejuvenation of the face. Understanding the wide variety of advanced treatment options available and when to incorporate them into your patient's plan can boost your success, as well as encourage repeat business.

Advanced modalities

Today's licensed skin health professionals have countless options at their disposal that allow them to produce visible results that exceed their patients' expectations. Taking the time to fully understand the mechanism of action behind each modality and how they may interact with one another will minimize complications along the way. The rules and regulations that determine which of the advanced modalities are approved for use by licensed estheticians vary from state to state. Even if the regula-

tions in your state do not permit the use of certain modalities, it is still valuable to have a working knowledge of each to help clarify when it is appropriate to combine treatments.

Microdermabrasion

This clinical device may be used in combination with other procedures or to perform stand-alone treatments. Microdermabrasion treatments are beneficial for a wide variety of patients, and are used to decrease excessive stratum
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BY JOAN TOMEU, R.N.



intense pulsed light

comeum (SC). This removal of SC leads to an increase in topical product penetration. Microdermabrasion is contraindicated for those suffering with active pustular acne, impaired barrier function and rosacea.

There are endless options when it comes to combined therapies that include microdermabrasion. This modality tends to produce dryness in the skin due to its removal of the SC. Because it disrupts the delicate moisture balance of the skin, even the lightest microdermabrasion treatment can lead to rapid moisture loss that lasts for a short period of time. It is recommended to avoid stacking microdermabrasion with other professional treatments that are known to be drying, such as modified and enhanced Jessner's solutions, high percentage salicylic acid treatments or chemical peels with high alcohol content. Instead, choose professional chemical peels that incorporate hydrating ingredients such as lactic acid to counteract the loss in moisture. Microdermabrasion also works quite well in conjunction with hydrating therapeutic masks.

The versatility of microdermabrasion also allows the clinician to combine it with other advanced modalities such

as LED, ultrasound, IPL and non-ablative lasers. A general rule is to make only one pass when combining microdermabrasion with other procedures to avoid unnecessary complications.

LED

A light emitting diode, commonly referred to as LED, is a double-sided electrical component that allows for energy to be released from only one end. LED is used as a light source for numerous items including car dashboards, alarm clocks and holiday lights. In skin care, LED lights are used to create a photo biochemical reaction within the skin. Because this modality does not exfoliate or cause inflammation or thermal injury to the skin, it can be combined with virtually any procedure. The application of the lights should take place on clean, dry skin before any other professional or corrective treatments are applied. Once the LED treatment has concluded, any additional treatments may be conducted safely.

Ultrasound

Phonophoresis, a technique in which ultrasound waves are used to force topical products into the tissue, is a highly effective way to enhance the penetration of corrective products. There is some level of heat involved with all types of ultrasound; therefore, the wound healing response activates collagen production. Combining procedures with ultrasound offers a variety of treatment options. Keratolytic treatments, such as salicylic acid, pumpkin or papaya enzyme masks, can be performed before ultrasound to increase the penetration of topical corrective products. Remove any excess mask product thoroughly before proceeding to the ultrasound treatment so as not to push the active ingredients further into the skin. To combine with a chemical peel, be sure all coupling gel or aloe is removed and skin has dried completely. It is suitable to apply one layer of a superficial chemical peel to the entire treatment area to enhance results post-ultrasound. If combining

ultrasound with a superficial chemical peel, always be mindful of the corrective you just pushed into the skin. Although the integrity of the product is not compromised, the deeper penetration of the active ingredients may cause the skin to be more sensitive than normal.

Intense pulsed light

Intense pulsed light (IPL) is a heat-producing modality that targets specific chromophores (the part of a molecule responsible for its color) within the skin to resolve issues such as hyperpigmentation and telangiectasias based on the wavelength used. Although non-ablative to the skin, IPL does cause controlled thermal injury to the skin, so the options for combining treatments are minimal. It is safe, however, to perform a light microdermabrasion treatment (one pass) on clean, dry skin prior to an IPL procedure.

Radio frequency

Radio frequency (RF) devices utilize electromagnetic energy from the low end of the electromagnetic spectrum (radio waves). Since this specific wavelength is not attracted to an exact chromophore, this fairly new technology offers tissue tightening on all Fitzpatrick skin types. RF devices use heat to induce contraction of collagen fibers, leading to an overall tightening of the tissue. Radio frequency is a thermal modality; therefore, it is not advisable to combine this procedure with other modalities. Professional treatments should be administered in between the RF manufacturer's recommended treatment intervals, and the next procedure should take place only after the patient's skin has returned to baseline.

Laser

Laser is an acronym for light amplification by stimulated emission of radiation. Lasers emit a specific wavelength of coherent, high-powered electromagnetic energy, which is highly thermal, regardless of the amount of skin removed during treatment. Because of

continues

the amount of heat produced during treatment, the potential for combining is minimal. Since LED technology does not emit heat, stacking with this procedure is also acceptable. It is best to apply the LED lights to clean, dry skin prior to performing the laser treatment.

When to combine services

Treatments involving multiple procedures are effective ways to touch on various concerns during one appoint-

ment and produce dramatic results. Combination therapy is no doubt a more aggressive approach to treating patients, and should be done with care. Remember to assess the mechanism of action of each modality before combining several into one treatment. This will reduce the risk of thermal injuries to the skin and ensure positive treatment outcomes. Before performing multiple modalities during one appointment, be sure you have successfully treated the patient

with each service on its own. Also, make sure you have a detailed patient history and understand their skin thoroughly before giving them any treatment.

You may also combine treatments when you feel the patient is ready for a more progressive treatment. It is likely they have been through a series of chemical peels, have had multiple microdermabrasion procedures or expressed interest in an advanced procedure such as ultrasound, IPL, laser or radio frequency. Be certain that the patient understands the importance of a comprehensive skin care regimen and the use of post-procedure care before starting a progressive treatment program. Diligent use of a broad spectrum sunscreen product is by far the best insurance for their skin care investment, and the most effective way to protect the skin from UV damage.

Achieving healthy, beautiful skin for your patients is the ultimate goal of all treatments, both in-office and daily care. Having a working knowledge of how each treatment modality works alone and in combination with others helps reduce possible complications. Take the time to understand your patients' skin, and educate them on the integral nature of compliance with daily care prior to performing a stacked procedure. The safe and effective use of multiple modalities will help both you and your patients achieve total rejuvenation of the face, safely and effectively. ■

Joan Tomeu, R.N. has been a registered nurse for more than 30 years. After working for a plastic surgeon in 1999, she decided to open her own skin care business. As the business grew, Tomeu's patient base and the types of conditions she treated did as well. She has served as an advanced edu-



cator for PCA SKIN® since 2004, training estheticians, physicians and nurses on skin biology, chemical peels, ingredient knowledge and medical devices.

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