

dermalogica professional treatments in a medical setting

dermalogica post-procedure and home care recommendations

It is important to remember:

1. Follow post-operative guidelines set forth by the dermatologist or plastic surgeon.
2. Place main emphasis on calming and soothing the skin to prevent further complications. Skin healing must be apparent along with approval from the physician before receiving treatments.
 - a. If treatment was non-invasive or non-ablative, the focus can be on hydrating and regenerating the skin.
 - b. The more invasive the procedure, the more soothing and anti-inflammatory the protocol; treat the skin as you would for sensitive or reactive skin.
3. Use Dermalogica professional products that are suitable for the patient/client's current skin condition.
4. Check skin condition ensuring there are no contraindications to treatment.
5. Develop a treatment plan or series based upon skin condition and turgor.
6. Refer to the manufacturer and treatment centre for current protocols before starting treatment.
7. Do not irritate treated area either chemically (such as with harsh acne products) or mechanically for 1-2 days after treatment, or while the skin is sensitive.
8. Avoid excessive sun exposure, tanning beds, or sunless tanning creams for at least 2 weeks prior and 1 week post your appointment.
9. Patients with a history of excessive hyperpigmentation, in addition to a test spot, may use a skin lightening agent 2 weeks prior to treatment in the proposed treatment area.
10. The continued use of an SPF of 30 or greater is recommended.

General recommendations for home care use when performing:

Microdermabrasion:

1. Do not use Retin-A, Retinols, Hydroxy Acids for 2-4 days while the skin is sensitive.
2. Schedule appointments 7-10 days apart from facial resurfacing, 7-12 days apart for fine lines, wrinkles and hyperpigmentation issues, 14 days apart for neck and chest, and 7-14 days apart for hand resurfacing.

Exfoliation:

1. Do not pick or peel loose skin, as this could cause a discoloration of the skin.
2. Depending on the level of exfoliation, avoid any type of exfoliating product on the treated area for up to 2 weeks, or while the skin is sensitive.

Injectables:

1. Avoid touching the treated area within 6 hours following treatment. After then the area can be gently washed with **UltraCalming™ Cleanser**.
2. Until initial redness and swelling has resolved, avoid exposure of intense heat (sun lamp or sun bathing).
3. Avoid massage to the area for 24 hours; there are generally no restriction following administration of Botox® Cosmetic.
4. Skin Treatments can be scheduled 1 week after Botox® Cosmetic and up to 7-10 days after a filler injection.

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Light or heat based therapies:

1. Depending on the type of light or heat therapy, avoid any type of exfoliating product on the treated area for up to 2 weeks after, or while the skin is sensitive.

Key Dermalogica products to use:

1. **PreCleanse** to deep cleanse the follicles and lift up excess oil and debris.
2. **UltraCalming™ Cleanser** and **UltraCalming™ Mist** can be used in the protocol if inflammation and redness is evident on the skin.
3. **Calming Botanical Mixer** can be added to your cleansing water, use **The Sponge Cloth** versus sponges for a soothing removal of product. Use tepid water, not hot or warm water.
4. Add 6-10 drops of either **Calming Botanical Mixer** or **UltraCalming™ Complex** to Dr. Lucas Pulverizer.
5. For a pressure point style massage, use **Soothing Additive** or **UltraCalming™ Complex**.
 - a. **UltraCalming™ Complex** may be applied under **Clinical Colloidal Oatmeal Masque** for devitalized skin that does not look overly sensitised.
 - b. **Clinical Colloidal Oatmeal** can be used to reduce redness, de-sensitise and soothe.
 - c. **Colloidal Masque Base** to cool, hydrate and soothe.
6. Spritz with **UltraCalming™ Mist**.
7. **UltraCalming™ Serum Concentrate** to reduce irritation or any redness or **Skin Hydrating Booster** if the skin still looks dehydrated, followed by **Barrier Repair**.
8. **Super Sensitive Shield SPF30** or **Ultra Sensitive Tint SPF30** can be used to protect the skin.

Key retail products, post-procedure for inflammation and sensitivity:

- **PreCleanse** to deep cleanse the follicles and lift up excess oil and debris.
- **UltraCalming™ Cleanser** due to its gentle cleansing and nourishing properties.
- **UltraCalming™ Mist** to ensure hydration and repair the acid mantle.
- **UltraCalming™ Serum Concentrate** to reduce redness, inflammation and sensitivity.
- **Skin Hydrating Booster** to increase hydration levels within the skin.
- **UltraCalming™ Relief Masque** is a powerful, anti-inflammatory masque that helps reduce inflammation, redness and hypersensitivity. It also increases elasticity and moisture content.
- **Barrier Repair** to replace the skin's natural barrier function; prevents dehydration and ozone damage.
- **Super Rich Repair** over any areas needing extra care, particularly cheekbones or irritated, chapped skin.
- **Skin Perfect Primer SPF30** or **Redness Relief Primer SPF20** for safe, non-irritating and non-comedogenic cover up.
- **Super Sensitive Shield SPF30** or **Ultra Sensitive Tint SPF30**. It is imperative to protect the skin, as the client's skin may be more prone to hyperpigmentation.

Key retail products, post-procedure for acne skin using prescribed acne medication from physician:

- **PreCleanse** to deep cleanse the follicles and lift up excess oil and debris.
- **Special Cleansing Gel** is a soap-free cleanser that cleanses and soothes.
- **UltraCalming™ Cleanser** due to its gentle cleansing and nourishing properties.
- **Multi-Active Toner** to hydrate and calm, containing antiseptic lavender for purifying.

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- **UltraCalming™ Serum Concentrate** to reduce redness, inflammation and sensitivity.
- **Active Moist** is lightweight, oil-free moisture and environmental protection.
- **Skin Hydrating Masque** for hydrating and calming.
- **Sebum Clearing Masque** (as long as not sensitised) for reducing irritation and bacteria.
- **Oil Free Matte SPF30** for hydration and sun protection, or **Super Sensitive Shield SPF30** if there is redness and irritation.

Key retail products, post-procedure for acne skin (no prescription medications):

Patients may commence using the **MediBac Clearing® system** as long as the skin has returned to optimum health and the physician has approved the use of alternative products.

- **PreCleanse** to deep cleanse the follicles and lift up excess oil and debris.
- **Clearing Skin Wash** is an antibacterial cleanser to inhibit bacteria and prevent congestion.
- **Skin Purifying Wipes** is a hygienic purifying wipe, containing antiseptic Witch Hazel for purifying.
- **Sebum Clearing Masque** (as long as not sensitised) for reducing sebum production and bacteria.
- **Oil Control Lotion** is an oil-free antibacterial moisturiser to absorb excess sebum.
- **Clearing Mattifier** is a medicated topical treatment that clears breakouts and oily shine.
- **Overnight Clearing Gel** is a medicated gel to clear and prevent breakouts.
- **Concealing Spot Treatment** is a topical tinted treatment ideal for daytime coverage of breakouts.
- **Breakout Control** is a benzoyl peroxide concentrate to speed healing.
- **Oil Free Matte SPF30** for hydration and sun protection.

Key retail products, post-procedure for premature ageing:

Patients may commence using the **AGE Smart® system** as long as the skin has returned to optimum health and the physician has approved the use of alternative products.

- **PreCleanse** to deep cleanse the follicles and lift up excess oil and debris.
- **Essential Cleansing Solution** for gentle cleansing and conditioning.
- **Skin Resurfacing Cleanser** treatment cleanser to lightly exfoliate, smooth and re-texturise the skin.
- **Antioxidant HydraMist** to protect from environmental assault, fight free-radical damage and hydrate.
- **MAP-15 Regenerator®** is a powder-to-emulsion vitamin C that promotes skin firmness and clarity.
- **MultiVitamin Power Serum** is a quick absorbing treatment that delivers pure antioxidant vitamins, which stimulate collagen synthesis to restore skin strength. Also, promotes healthy tissue regeneration while slowing further cellular damage.
- **MultiVitamin Power Firm** to improve elasticity, firm and repair signs of ageing around the eye and lip area.
- **Age Reversal Eye Complex** is an intense formula designed to minimise signs of ageing and improve elasticity.
- **Intensive Moisture Balance** is an ultra-rich moisturiser that contains antioxidants to protect and combat dryness.
- **Super Rich Repair** over any areas needing extra care, particularly cheekbones or irritated, chapped skin.
- **MultiVitamin Power Recovery® Masque** is a powerful, anti-inflammatory masque that helps reduce inflammation, redness and hyper-sensitivity. It also increases elasticity and moisture content while promoting collagen production to restore suppleness.

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- **Intensive Eye Repair** is a rich emollient eye cream with protective antioxidants and soothing botanicals.
- **Dynamic Skin Recovery SPF50** is a medium-weight moisturiser to encourage skin firmness, defend against primary causes of ageing and provide sun protection
- **Sheer Tint SPF20** for hydration, sun protection and sheer colour wash.

Key retail products, post-procedure for pigmentation:

Patients may commence using the **PowerBright TRx™ system** as long as the skin has returned to optimum health and the physician has approved the use of alternative products.

- **PreCleanse** to deep cleanse the follicles and lift up excess oil and debris.
- **UltraCalming™ Cleanser** due to its gentle cleansing and nourishing properties.
- **Skin Resurfacing Cleanser** to gently improve surface clarity and lift dulling, dead cells.
- **UltraCalming™ Mist** to protect from environmental assault, hydrate, and reduce redness.
- **C-12 Pure Bright Serum** combats pigmentation and enhances skin brightening.
- **MultiVitamin Power Firm** to improve elasticity, firm and repair signs of ageing around the eye and lip area.
- **Total Eye Care SPF15** is an advanced alpha hydroxy eye treatment to help protect and repair the delicate eye area while providing sun protection.
- **MultiVitamin Power Recovery® Masque** is a powerful, anti-inflammatory masque that helps reduce inflammation, redness and hypersensitivity. It also increases elasticity and moisture content while promoting collagen production to restore suppleness.
- **Pure Light SPF50** for hydration, sun protection and sheer illumination to the skin.
- **Pure Night** for hydration and brightening of skin tone.

After skin has returned to optimum health following the procedure and the physician has approved the use of exfoliating products, the appropriate Dermalogica exfoliant can be recommended for home care use:

- **Daily Microfoliant®** can be used on any of the skin conditions with the exception of Grade 3 acne.
- **Daily Resurfacer** is suitable for all skins.
- **Gentle Cream Exfoliant** or **Clearing Mattifier** for acne and **Skin Prep Scrub** could be used on a thicker, congested and non-inflamed acneic skin.
- **MultiVitamin Thermafoliant®** and **Skin Renewal Booster** can be recommended for sun damaged skin.