

PROTOCOL DESIGN

Autumn: Prepare

Winter: Stimulate

Spring: Strengthen and Repair

Summer: Protect and Condition

Benefits:

- Determines what type of chemical to use.
- Determines length of treatment and amount of sessions needed.

Indications:

- When a chemical is needed.

Precautions:

- Accurate determination of chemical assessment to choose proper protocol.
- Never leave patient unattended.
- Make sure health history intake is accurate.

Pre-Procedure:

- Clean and glove hands according to Handwashing and Gloving skills.
- Determine the distribution of lesions. Where are they? All over?
- Determine the type of lesions. Primary or secondary?
- Determine the texture of lesions.
- Determine the shape of lesions.
- Determine the arrangement of lesions. Are they in a line? Clusters?
- Determine the history of the lesions. How long have they been there?

Procedure:

- Determine the category of the skin.

Virgin Skin

- Usually dull/Any skin type
- No active products/no procedures/no closed comedones
- Hypersensitive

- No lesions/new skin

Protocol: Come in 1x/month for deep cleansing.

Healthy Skin: Ideal

Protocol: One facial every four to six weeks.

- Basic issues; i.e. acne
- Maintenance plan relative to individual
- Could have had an aggressive procedure in the past like Retin-A.
- Basic Esthetics Skin Care: Focus on conditioning epidermis and treating stratum corneum.
- Goal: Maintain health of the skin

Abnormal Skin: Damaged

- Focusing on epidermis; hyper- and hypopigmentation, acne levels 1-3.
- Treating Epidermis and conditioning stratum corneum.
- Basic Esthetics Skin Care with some correction
- Goals:
 - Treat secondary lesions i.e. acne levels 1-3 and other skin disorders.
 - To soften texture resurfacing with peels
 - Treating conditions above Basic
 - Treating low levels of disorders (Levels 1-3)

Abnormal Skin: Injured

- Primary lesions (scar tissue)
- The skin is "Maxed out" i.e. lasers, skin that has had an overuse of products, sunburned.
- Corrective Skin Care - This skin can tolerate intense therapy like Idefenone because the skin is thicker.
- Goals:
 - Work with a physician to create results.
 - Master esthetics with a health care professional.
 - Use of LED to stimulate collagen and elastin. This will toughen the epidermis. Red light helps with broken capillaries and blue light also kills bacteria.
 - Treat secondary lesions (actinic keratosis) and degrees of burns.

- To take the skin back to virgin first, then to healthy. Protocol for this process is as follows:
 - Virgin – Deep Cleanse
 - Healthy – Add anti-aging ingredients
- Exceptions to protocol would be: diabetes, auto immune disorder, chemotherapy. You want to keep their skin virgin because they are not healthy individuals and they take longer to heal.

Post-Procedure:

- After you determine the skin category, design protocol per season.
- Determine what chemical to use for the treatment.
- Remove gloves according to Degloving skill.