

# PROTOCOL – CHEMICAL PEELS – 3.0

DERMEDICS® SKIN CARE SYSTEM | EXCELLENCE IN SKINCARE | REAL RESULTS®

LEVEL 3.0 – ADVANCED PEELING – TRIPLE LAYER PEEL APPLICATION

BASIC & EXTENDED WITH ABRASION & MESOTHERAPY & CROMOLOGY® LED PHOTOTHERAPY

01-03-2021



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SKIN CARE SYSTEM



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Treatment Name	LEVEL 3.0    PEEL TREATMENT by DERMEDICS®		
Treatment Objectives	Intense renewal of stratum corneum Activation of cell divisions for intense production of collagen		
Suitability	All skin types of Fitzpatrick scale 1-6 <b>Skin type and condition:</b> normal skin, deep wrinkles, thick skin, enlarged pores, deep post-acne scars		
Peel Properties	<u>Lactic Peel</u> (pH 2.64) <ul style="list-style-type: none"> <li>- Ageing</li> <li>- Discoloration</li> <li>- Dehydrated skin</li> <li>- Skin with rough texture</li> <li>- Rosacea</li> </ul>	<u>Mandelic Peel</u> (pH 2.78) <ul style="list-style-type: none"> <li>- Enlarged pores</li> <li>- Skin imperfections</li> <li>- Acneic inflammations</li> <li>- Discoloration</li> <li>- Broken capillaries</li> </ul>	<u>Glycolic Peel</u> (pH 2.92) <ul style="list-style-type: none"> <li>- Ageing</li> <li>- Acne</li> <li>- Scars (acne &amp; stretch marks)</li> <li>- Dull skin</li> </ul> <p><i>Not suitable for sensitive and/or thick or congested skin condition</i></p>
Treatment Time	<b>Basic:</b> approximately 40 minutes <b>Extended:</b> approximately 70-80 minutes (with abrasion, meso & Cromlite™ Chromology®)		
Treatment Frequency	<b>Main therapy:</b> course of 6 treatments once per 4-5 weeks (depending on healing process) <b>Maintain effects:</b> every 5-7 weeks once skin condition improves		
Contraindications	- Isotretinoin medication in past year (Retin a & similar) <p><i>CAUTION: Accutane must not be taken for at least 6 months post peel treatment. There are reports of scarring in people who have taken Accutane after a peel.</i></p> <ul style="list-style-type: none"> <li>- Previous peel treatment within 2-4 weeks (depending on severity of peel)</li> <li>- Skincare with Vitamin A, Vitamin C or salicylic acid – break for 3 days prior next peel</li> <li>- Previous reaction to a peel or dermabrasion treatment</li> <li>- Photosensitivity</li> <li>- Viral infections: warts, herpes / herpetic breakout – use topical anti-viral 7 days pre peel</li> <li>- Molluscum contagiosum</li> <li>- Bacterial infections: impetigo contagiosum, staphylococcal sycosis</li> <li>- Fungal infection</li> <li>- Cavernous angiomas</li> <li>- Broken skin / open wounds or suspicious lesions</li> <li>- Keloid or hypertrophic scars (raised or large scars)</li> <li>- Dry and dehydrated skin or skin with compromised lipid barrier</li> <li>- Antibiotics within 2-4 weeks</li> <li>- Pregnant or nursing</li> <li>- Surgery in treated area (within 3 months)</li> <li>- History or Skin cancer</li> <li>- Moles (suspicious)</li> <li>- History of Radiotherapy / Chemotherapy</li> <li>- Sunburn or significant sun exposure in the last 2 weeks</li> <li>- Surgery or cryosurgery within the last six weeks in treatment area</li> <li>- Permanent fillers in treated area (chemical impact can increase density &amp; more noticeable)</li> <li>- Botox in treated area (in last 4 weeks)</li> <li>- Cysts and warts (treat only following medical advice and avoid 15mm around area)</li> <li>- Hypersensitivity to any component of the formulation used for the treatment (check product ingredients / equipment materials)</li> <li>- Other – depending on a device used in the procedure (follow the manuals of devices)</li> </ul>		
COVID-19 recommendations	Follow all recommendations set by the local authorities		

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<b>Products Required</b> Professional Use	<p><b>Cleansing:</b></p> <ol style="list-style-type: none"><li>1. CALM micellar water [makeup removal]</li><li>2. PRE-PEEL #1 [cleansing milk] – pH 5.5</li><li>3. PRE-PEEL #2 [toner] – pH 5.5</li></ol> <p><b>Skincare &amp; protection:</b></p> <ol style="list-style-type: none"><li>4. CALM Oleogel (to reduce skin irritations post-peel in case of increased redness, as well to be used as a barrier-layer protection (alternative to vaseline or to a barrier cream)</li><li>5. CALM exfoliator [skin purification] – <b>AWARD “Best Facial Exfoliator” – Beauty Insider’s Choice – Singapore ‘2020 (Beauty &amp; Wellness Awards)</b></li><li>6. ACNE mask #1 [pre-care: softening mode]</li><li>7. PEEL solution (lactic / mandelic / glycolic) – selected based on skin concerns</li><li>8. POST-PEEL [neutralizer] – pH 8.95</li><li>9. CALM mask [alginate peel-off cold mask]</li><li>10. CALM serum to reduce redness and to calm the skin</li><li>11. CALM cream to accelerate restoration of lipid layer</li><li>12. SPF50 cream for intense Sun/UV season – day care</li><li>13. MESO SERUM depending on skin condition and desired results – <b>extended version</b></li></ol>
<b>Accessories</b> Professional Use	<p><b>Disposable</b></p> <ul style="list-style-type: none"><li>- Cotton pads / small gauze to cleanse eyes / gauze to cleanse skin</li><li>- Gloves</li><li>- Brush</li><li>- Spatula for mask application</li><li>- Syringe &amp; needle to draw solution from MESO ampoule</li><li>- Towel to protect patient’s clothes</li><li>- Facial mask to keep the highest hygiene</li></ul> <p><b>Reusable by DERMEDICS®</b></p> <ul style="list-style-type: none"><li>- Facial cotton mask to keep the highest hygiene</li><li>- Headband / hair band to secure hair away from face</li><li>- Apron to protect therapist clothing</li><li>- Blanket / towel to provide comfort for a patient</li></ul> <p><b>DERMEDICS® headband, apron and mask must be used per client and washed at 40+ degrees following each treatment.</b></p> <p><i>DERMEDICS® safety facial mask is made with 2-layer surgical cotton. Internal layer of cotton is covered with silver ions based on Silverplus® ion technology. Free silver ions dispose of extensive antimicrobial effects, thus they are sufficient to permanently control bacteria causing odour and skin’s imperfections. Unique technology of cotton fibers provides comfortable breathing without accumulating of moist and warmth. The silver ions are active in a fabric itself and do not have impact on microbion of the skin. Silver ions keep 100% of their properties up to 20 washes in 40°C.</i></p>
<b>Home Care</b> Retail	<p><b>Cleansing:</b></p> <ol style="list-style-type: none"><li>1. CALM micellar water [makeup removal]</li><li>2. CALM foam (for normal and mixed skin) <b>or</b> CALM cleanser (for dry and sensitive skin)</li></ol> <p><b>Skincare &amp; protection:</b></p> <ol style="list-style-type: none"><li>3. SPF50 cream to protect against UVA &amp; UVB damage – day care (<b>mandatory</b>)</li><li>4. CALM serum to reduce redness and to calm the skin – day care prior cream or makeup</li><li>5. CALM cream to accelerate restoration of lipid layer – day &amp; night care</li></ol> <p><i>Although the CALM cream contains innovative, encapsulated UV-filters, they are in low level, so during a Summer cream SPF50 must be used, unless the skin will be completely protected from a direct UV/SUN exposure.</i></p> <ol style="list-style-type: none"><li>6. <b>or</b> WHITE cream to intensify peeling effect of stratum corneum against discolorations &amp; to reduce size of skin pores due to a high content of Vitamin C – night care</li></ol> <p><i>Creams with Vitamin C must not be used for a minimum 3 days prior next peel procedure under the risk of sensitive reactions of skin i.e. redness and/or unwanted reaction post-peel</i></p> <ol style="list-style-type: none"><li>7. <b>or</b> GEN’X serum for DNA repair, deep nutrition &amp; regeneration of lipids – night care</li></ol>

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<b>Equipment</b> Basic version	Bowls for Peels, Neutralizer and tepid water Timer
<b>Equipment (additional)</b> Extended version	Cromlite™ Chromology® (LED lamp for phototherapy system) & goggles AquaOxyBrasion™ <b>or</b> HydraBlast™ <b>(to perform abrasion)</b> MesoWave™ <b>or</b> AquaOxyBrasion™ <b>or</b> HydraBlast™ <b>(to perform mesotherapy)</b>
<b>Procedure: Stage 1</b> Preparation	<ol style="list-style-type: none"><li>1. Prepare the patient by the securing hair away from the face using hair band and protecting patient's clothing with a towel</li><li>2. Apply disposable gloves</li><li>3. Remove eye makeup using CALM Micellar Water and cotton pads</li><li>4. Perform double cleanse using DERMEDICS® PRE-PEEL #1 Cleansing Milk</li><li>5. Remove all impurities with disposable cotton pads or gauze moistened with tepid water</li><li>6. Wipe the skin using DERMEDICS® PRE-PEEL #2 Toner</li><li>7. Check condition of patient's skin and select the appropriate peel for skin concerns</li><li>8. Advise the patient on peel solution and double check for allergies</li><li>9. Apply barrier cream / vaseline or CALM oleogel on broken skin, moles, lips, around nose and around eyes (around orbital area)</li><li>10. Protect eyes with cotton pads moistened with mineral water and advise patient to keep their eyes closed for the duration of treatment</li></ol>
<b>Procedure: Stage 2A</b> Treatment Procedure Basic version	<ol style="list-style-type: none"><li>1. Mix of ACNE mask #1 with CALM exfoliator (proportion 1:2) and apply the blend on skin for 5-8 minutes, then rinse it off with tepid water <i>The use of ACNE mask #1 is mainly based on the properties of salicylic acid which is a key ingredient of the mask for a deeper effect on stratum corneum.</i></li><li>2. Perform abrasion by AquaOxyBrasion™ <b>or</b> HydraBlast™ for 10 minutes</li><li>3. Pat skin dry and set the timer as you begin to apply the peel</li><li>4. Working quickly and using a fan brush apply a thin layer of PEELS on the skin with minimal overlapping as follows:<ul style="list-style-type: none"><li>- <b>1<sup>st</sup> Layer:</b> LACTIC PEEL for 30-40 seconds</li><li>- <b>2<sup>nd</sup> Layer:</b> GLYCOLIC PEEL for 30-40 seconds</li><li>- <b>3<sup>rd</sup> Layer:</b> MANDELIC PEEL for 30-40 seconds</li></ul> <i>It is not recommended to apply GLYCOLIC PEEL on thick skin with enlarged pores and/or for skin treated already with several chemical peel treatment and / or fractional laser therapies. This is due to overproduction of keratinocytes causing the skin to look aged with a thicker texture. For thicker skin extend the application time of MANDELIC PEEL for elimination of glycols.</i></li><li>5. Allow peel to remain on skin for 1-3 minutes (as written above) <i>If there are no visible negative side effects (e.g. rash, hyper redness) and the patient is comfortable, allow the peel to remain on skin for a maximum of 2-3minutes.</i></li><li>6. Monitor the skin's reaction constantly throughout the application <i>If it is under 1-2 minute, with client not displaying visible negative side effects (e.g. rash, hyper redness) but client is experiencing unpleasant sensation (i.e. tingling) – gently tap the clients skin to balance the sensations.</i></li><li>7. After 1-3 minutes, begin to neutralize the peel by applying POST-PEEL Neutralizer to the entire treatment area until all sensations associated with the peel stop <i>Make sure that the client does not feel any continuous itching caused by the peel (lack of this sensation means that the peel was neutralized).</i></li><li>8. Wipe the area with a soft gauze and tepid water to remove all products from the skin</li><li>9. Wipe the skin with DERMEDICS® PRE-PEEL #2 Toner</li><li>10. <b>For basic version:</b> apply 1-2 pumps of CALM serum and follow Stage 3 ----- <b>or</b> ----- <b>For extended version follow Stage 2B</b></li></ol>

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<b>Procedure: Stage 2B</b> <b>Treatment Procedure Extended version</b> (add 40 minutes)	<ol style="list-style-type: none"><li>1. Apply selected MESO SERUM by DERMEDICS® and perform mesotherapy with using one of the available equipment from DERMEDICS®:<ul style="list-style-type: none"><li>▪ AquaOxyBrasion™ <b>or</b> HydraBlast™</li><li>▪ MesoWave™ with eye-handpiece or comb-handpiece <u>without application of gel</u></li></ul></li><li>2. Apply 1-2 pumps of CALM serum and perform phototherapy with Cromlite™ Chromology® with <b>ORANGE light</b> (red + yellow) on 10 minutes, next with <b>CELADON light</b> (yellow + green) on 15 minutes</li></ol>
<b>Procedure: Stage 3</b> <b>Closure of Treatment</b>	<ol style="list-style-type: none"><li>1. Apply CALM mask [alginate cold mask] ale leave it for 15-20 minutes <i>Due to the unique properties of CALM mask to obtain expected efficacy at this stage any other alternative masks (i.e. creamy masks or cellulose masks) are definitely not recommended especially for procedures with chemical peels. CALM mask can be applied also on eyes &amp; lips to provide relaxation of the patient (if accepted by patient).</i></li><li><b>IMPORTANT:</b> if the redness occurs at any stage of therapy even after CALM mask – apply CALM OLEOGEL on skin and perform gentle massage for 10-15 minutes. Leave oleogel on skin without rinsing. Apply SPF50 on it after few minutes.</li><li>2. Apply 1-2 pumps of CALM cream and gently pat it on the skin until fully absorbed</li><li>3. Apply 1 pump of SPF50 cream to protect skin against UVA &amp; UVB damage</li><li>4. Remove hair band and the towel protecting clothing</li></ol>
<b>Aftercare</b>	<ol style="list-style-type: none"><li>1. Allow products to remain on skin for minimum of 4-5 hours</li><li>2. Avoid picking the skin</li><li>3. Avoid makeup for 24 hours</li><li>4. Advise client to avoid UV/SUN exposure for 72 hours</li><li>5. Avoid heat treatments including, hot sauna, steam room and exercise for 72 hours</li><li>6. Avoid cleansers with alcohol or salicylic acid for 7 days</li><li>7. Avoid enzyme exfoliation for 7 days</li><li>8. Avoid swimming pool for 5-7 days</li><li>9. Avoid fractional laser therapy for 4 weeks</li><li>10. Avoid other intense treatments such as mechanical dermabrasion for 4 weeks</li><li>11. Advise client to purchase DERMEDICS® home care to maximize treatment results</li><li>12. Skincare products are mandatory to support calming sensation of the skin</li><li>13. Do not forget about CALM cream <b>and/or</b> SPF50 cream as gifts for every patient (they should be included in the treatment price) – <b>standard in luxurious &amp; prestigious salons</b> <i>Gifts can be dedicated for special clients who purchase a course of minimum 3 treatments or in accordance with the internal policy and/or loyalty program of the beauty salon.</i></li></ol>
<b>Treatment cost</b>	<b>&gt;&gt; to be calculated by distributor</b>
<b>Treatment price</b>	<b>&gt;&gt; to be calculated by distributor</b>
<b>Supportive information</b>	<ol style="list-style-type: none"><li>1. <i>The level of pH of peels below 3 means that they have very intense activity inside the tissue, working from inside out.</i></li><li>2. <i>Selection of the equipment for any stage of the protocol depends on the skin condition and the total body condition of the patient.</i></li><li>3. <i>Use non-invasive equipment such as oxygen mesotherapy and water abrasion for clients with high risk or sensitive skin.</i></li><li>4. <i>When placing cotton pads on eyes for the peel you can used goggles from Cromlite™ Chromology® (LED lamp for phototherapy system) – make sure they are disinfected post treatment to remove peel residue.</i></li><li>5. <i>It is recommended to use a liquid with neutral pH of liquid (~close to 5.5), while saline has pH 7-8. Standard mineral water can be used without additional components in liquid. The longer and stronger water abrasion, the stronger impact of chemical peels, thus the client will experience an increased unpleasant sensation during activity of peels (making the effects of peel more aggressive). Continuously monitor the skin's reactions during whole procedure.</i></li><li>6. <b>IMPORTANT:</b> <i>peel procedure will cause detectable skin tightening effect few hours after procedure and in 1-2 days after treatment and there will be intense and visible skin peeling (on top layers of epidermis).</i></li></ol>

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## CERTIFICATE

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Adherence to these guidelines will not ensure successful treatment in every situation. Furthermore, these guidelines should not be interpreted as setting a standard of care, or be deemed inclusive of all proper methods of care, nor exclusive of other methods of care reasonably directed to obtaining the same results. The ultimate judgment regarding the propriety of any specific therapy or technique must be made by the physician and the patient in light of all the circumstances presented by the individual patient, and the known variability and biologic behavior of the disease. This guideline reflects the best available data at the time the guideline was prepared. The results of future studies may require revisions to the recommendations in this guideline to reflect new data.

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The content of this document is provided for general informational purposes and should not be considered medical advice. Product information is not intended to diagnose, treat, cure or prevent any disease. Remember that on every skin there can be individual reaction to any particular ingredient, thus read our labels and ingredient lists carefully and follow the appropriate directions and contraindications for use. If patient has a specific allergy or sensitivity, do not use ingredients that may trigger a reaction. An allergy patch test is recommended if there is any doubt or history of skin reactions. Discontinue use if a reaction occurs. Please consult a healthcare provider if you have any questions about a particular health condition.



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