

CLINICAL aesthetics

by SPA+CLINIC

THE LATEST
IN-OFFICE
SURGICAL
PROCEDURES

THE TRUTH
ABOUT VITAMIN A

INFLAMMATION –
FRIEND OR FOE?

DR KONIKA PATEL SCHALLEN
TALKS VAGINAL REJUVENATION



CO₂RE[®] Intima
By Syneron Candela

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CLINICAL AESTHETICS is brought to you by SPA+CLINIC, a trusted information source that has been driving the profitable direction of the spa and clinical aesthetics professional sectors in Australia since 1999.

CLINICAL AESTHETICS launched in 2015 as a service to aid in the expansion of medical aesthetics services by doctors and surgical clinics, and owners and managers of allied clinical facilities, to maximise patient outcomes while effectively increasing profits.

The protocol inclusion of non-medical professional and clinical aesthetics practices and therapies, along with wellness-based skin and body wellbeing programs are being found by leading medical practitioners to, sometimes dramatically, improve the results achieved by invasive medical procedures.

Practitioners are either expanding their own range of services along with relevant staff expansion, or forging alliances with other professional. It's a win-win, with increased profits, enhanced patient satisfaction and a rapidly expanding referral base.

Within you will learn of the benefits your peers are reaping, and perhaps get some ideas to keep you ahead of the ever expanding competition.

We look forward to your feedback and input.

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On The Cover

CO2Re Intima is a non-surgical laser procedure to restore vaginal health with a 100% reported satisfaction rate.1 CO2RE Intima is a medical laser that delivers controlled CO2 energy to the vaginal or vulva tissue – so cells make more collagen – improving skin tone, texture and appearance. CO2RE Intima treats all 3 intimate areas – internal, external and introitus, for the treatment of female rejuvenation and vulvovaginal atrophy. With CO2RE Intima, the hygienic, single-use handpieces assure women of the hygiene they expect of treatments in this intimate area. These treatments are easy-

to-master and quick, with both internal and external treatments taking 10 - 15 minutes. SYNERON-CANDELA.COM/AU

Reference 1. Arroyo C, Fractional CO2 laser treatment for vulvovaginal atrophy symptoms and vaginal rejuvenation in perimenopausal women. *Int J Womens Health*. 2017 Aug 28;9:591-595.

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Why We Need Inflammation

We all experience inflammation on a daily basis, but it's a much more complex bodily function than many would realise.

Inflammation is all around. As scary as that sounds, it's completely normal and can actually be beneficial in the world of cosmetic treatments. When we think of inflammation, images of open wounds or infections come to mind, but inflammation is actually the body's response to trauma, whether that trauma is as small as a pimple, or big like a fresh scar after surgery.

Former Chairperson of the Australian Society of Dermal Clinicians, Jennifer Byrne, held an educational sessions at this year's Beauty Expo Melbourne on all things inflammation, the benefits to induce positive change in the skin, as well as the risks of over-treating skin.

According to Byrnes, many people don't realise that the vast majority of facial treatments, such as lasers, Microneedling, peels, and even IPL photo rejuvenation induce inflammation in the skin. This 'controlled inflammation' helps with repairing, regenerating, and replacing tissue and can therefore improve skin conditions such as rough texture, acne scarring, or fine lines. However, satisfactory results are only possible if the inflammation process is supervised and doesn't turn from acute to chronic.

"Essentially, anything that alters the barrier function of the skin, causes injury to the skin or alters the environment that the skin/body is comfortable in will cause inflammation," explains Byrne.

"As Beauty and Dermal Therapists/Clinicians, we aim to harness these capabilities to regenerate and improve the condition of the skin. What is interesting and something that I've come across a lot in the industry is treatments or products that may be marketed as reducing inflammation are not. For example LLLT/LED, ultrasound, and electrotherapies are often recommended for inflammatory skin conditions (acne, eczema, wound/scar repair) and may be explained to clients as being anti-inflammatory. These therapies augment the inflammatory process and assist the tissue (skin) to move through the phases of inflammation in an optimal way (reduce any delays to healing, or ensure a robust inflammatory response). These therapies may actually be pro-inflammatory in many instances; however improvement in inflammatory skin conditions and healing occurs, modulating (biomodulation) the skin/body's ability to heal."

One of the problems that can occur when inducing inflammation, is that the full inflammatory and therefore healing cycle can't be completed if the wrong post-op care is prescribed.

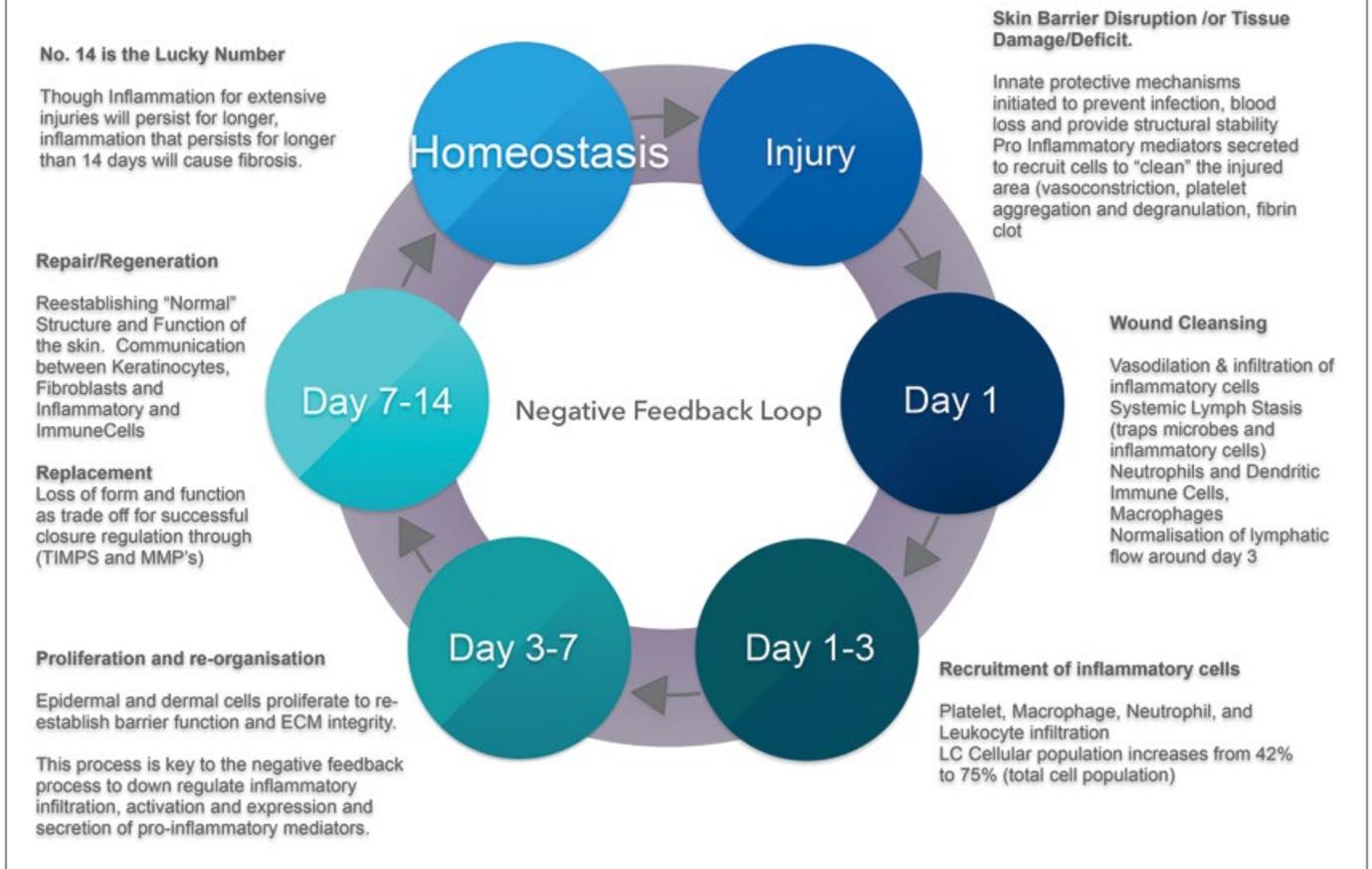


"We should recommend that clients limit what is put onto the skin until the barrier is repaired. The time that this is for will depend on how aggressively we have damaged the barrier. For example, a normal facial or waxing may be 24-48 hours, a chemical peel or microdermabrasion may be 3-7 days. We can recommend they use benign, barrier repair cosmetics, such as pH neutral/balanced non-foaming cleansers that respect the lipid protection of the skin and emollients with ceramides etc. These should be applied in a hygienic manner to limit potential for opportunistic microbes to enter or irritate the skin," says Byrne.

The most important part of the cycle is the first three days. As the Lymphatic system, which is responsible for removing extracellular fluid and the waste it contains, shuts down in the first three days, swelling and oedema can occur.

"It is believed this is to ensure that anything that may be harmful that entered the skin during the breach in skin integrity is walled

Inflammation (Acute) Our Friend



off and trapped so that cells that remove debris and microbes can do their job. Oedema resolves because the lymphatics turn back on around day two to four and fluid is pumped out of the area. Therapists may have even noticed this and explained to clients that procedures that cause significant inflammation, swelling will peak at 3 days and then it "starts to improve". In some people, the turning back on of lymphatic pumping may not work well, or at all. Even in healthy people lymphatic pumping is quite slow. Manual lymphatic drainage can stimulate the pumping mechanism and expedite the removal of inflammatory fluid ensuring that inflammation doesn't prolong and cause problems."

A full inflammatory cycle takes around 14 days, and inflammatory responses to a treatment can change with time as the body is smart enough to 'remember' certain traumas and acts accordingly, which is why Byrne stresses the importance of constantly and consistently monitoring clients' skin, even if they've had a treatment before.

"Package deals for peels, skin needling, laser treatments, etc in my opinion may be unethical unless there is the ability to be flexible in how this is done and ensuring that the skin is being monitored closely. Particularly when managing conditions that experience altered inflammatory responses or healing. Serial treatments with increased frequency are based on chronic wound repair models whereby cells need stimulus to produce cytokines and growth factors to sufficient levels to achieve effective repair. It's also targeted at repairing or correcting a defective process or

condition rather than as an ongoing management strategy. If clients are buying packages for invasive therapies more than 3-4 times a year, this can potentially cause problems in the skin and increase the risk of adverse outcomes related to inflammation and immune function," she explains.

"The main thing to remember and the biggest mistake that beauty therapists can make, which they may do unknowingly, is causing more damage through interfering with inflammation or through promoting damage (even controlled) to the skin over a prolonged period. Both of these things can have cumulative effects that result in issues over the long term, particularly in pre-disposed people. As an example, Lymphedema is a condition associated with failure of the lymphatic mechanisms within the skin and results in chronic and in some cases extreme swelling. Research indicates that up to 25-40% of people may have some pre-disposition for lymphatic disorders. In these people, there is a link with the cumulative effects of trauma and inflammation in the skin culminating in a final event (the straw that breaks the camel's back). Atopic Dermatitis and Psoriasis are other scenarios whereby the body may develop auto-immune issues and present with the condition in pre-disposed people after cumulative effects of the skin being stressed and vulnerable. Even skin ageing is now linked with micro-inflammatory responses. Therefore, the skin's ability to heal and its role as the first line of defence should be respected. Inflammation should only be caused if there is a clinical need to do so." 🗨️