



Double treatment – Microdermabrasion & Fruit Acid Treatment

Dermatologie am Savignyplatz: Fr. Dr. Ev-Charlott Walter

INTRODUCTION OF THE DOCTOR'S OFFICE

The doctor's office "Dermatologie am Savignyplatz" consisting of Dr Ev-Charlott Walter and her team are treating their patients with innovative and professional concepts throughout their area of expertise in medical and aesthetical dermatology. As a medical specialist in dermatology and venereology, it is most important for Dr Walter to offer a complement high-quality therapy concept with extensive consulting, personally fine-tuned treatment methods, and individual post-care. Her and her team's motivation is based on the satisfaction of their patients. Likewise, Dr Walter knows that an optimized result frequently can only to be achieved if there is a long-term patient connectivity. In this publication Dr Walter would like to share her experience with a double treatment consisting of microdermabrasion and a fruit acid treatment as well as her results of using epi nouvelle+ naturelle for the post-treatment.

IMPLEMENTATION OF THE DOUBLE TREATMENT – MICRODERMABRASION & FRUIT ACID TREATMENT

Dr Walters aspiration is to develop new innovative therapy methods and furthermore to optimize the application and post-treatment. The approach of a double treatment with microdermabrasion and fruit acid treatment is motivated by the consideration to conduct in just one treatment a rejuvenation of the skin for patients with more resistant or fortified upper layers of skin. The fruit acid treatment supports chemically the mechanical ablation of the dead skin particles by microdermabrasion. For this double treatment a patient, which had been treated already in the past, was chosen, who had no indication of a sensible or easily irritable skin according to a facial skin analysis. After a gentle cleansing and degreasing of the face, the ablation of the upper layer of skin is being conducted on the whole facial area for 20 to 25 minutes. By using a diamond tip, the ablation occurs instrument-based at a high velocity, while at the same time the dead skin cells are being absorbed in a vacuum to

reveal the new layer of skin. This mechanism is comparable with the medical dermabrasion, however gentler, whereby microfine crystal particles are being radiated till a slight subtle redness appears.

Microdermabrasion is utilized by Dr Walter preferably to care of large-pored skin, acne and comedones, melasmas, small wrinkles, and to prepare the facial skin for a superior absorption of a follow up treatment. Since the microdermabrasion only works mechanically, a combination with chemical substances or an enzyme treatment is theoretically possible. The number of treatments depends on the characteristics of the patient, regularly between 6 and 10 appointments. A treatment is not advised if the patient shows inflammatory skin alteration like rosacea. Furthermore, the patient should be prepared and informed that in the general case the complexion gets worse short term after the procedure due to impurities getting channelled to the skin's surface as a reaction to the treatments depth effect. However, this sequela does not last for long and an intense improvement can be observed.

Subsequently next the fruit acid treatment, the ACNE-peeling by pHformular, is topically applied in a single thin layer to avoid stronger exposure of the skin than necessary. The concentration of the compound can be adjusted individually to the necessities of the patient. Shortly after the application the depicted patient felt a tingling sensation and received cold air supply, focused on the covered area, to enhance the easing of the tension. The cooling of the treated area is also an important issue regarding the post-treatment. The active process is concluded when the tingling sensation of the skin slows down or stops completely and having used the fruit acid treatment by pHformular a follow up neutralisation of the acid was not necessary, so that the post-treatment could follow immediately. This particular

type of peeling should not be utilized on patients with couperose or intolerances regarding fruit acids.

The conclusive step after the microdermabrasion and the fruit acid treatment is a post-treatment which calms the affected skin, prevents contamination, and supplies moisture with an in-depth effect.

CONSEQUENCES AND SYNERGY EFFECT OF THE DOUBLE TREATMENT

The combination of microdermabrasion and fruit acid treatment has a visible effect individually as well as through the synergy effect of both procedures. The double treatment is in all cases significantly more intensive and should not be applied on new patients with a much higher experience of pain; though could be a possibility for a solution regarding persistent medical cases. In addition, the exposure of the skin requires an extraordinary calming and moisturizing post-treatment, wherefore Dr Walter chose the Facial Mask by epi nouvelle+ and a skin surface protection cream. Regarding the microdermabrasion, the patient can immediately detect a lifting effect and a reduction of the depth of fine lines. The complexion is rejuvenated and through absorption of the dead skin cells the greyish veil, which often originates from cold winter air and dry heating air, is removed. In depth the collagen and elastin production are activated and additionally the microcirculation is stimulated, whereby elasticity and stability of the skin increases. Further, the absorption of active substances is significantly improved.

The support of the skin's own regeneration process and the activation of the newly skin qualities is reinforced by the fruit acid and integrates even more positive aspects to the procedure. The acid is capable to penetrate the

pores much more intensively, which by coagulation of the peptides in the middle layer of skin, detaches the remaining old skin cells and therefore causes an artificial desquamation. Further positive aspects are the aroused stronger blood circulation in the deeper layers of skin, stabilisation of the natural protective acid mantle, and a possible balance of irregular pigmentation. The treatment functions antiseptically & anti-inflammatory and tightens the epidermis in the long run. As quickly as possible after the procedures, the exposed skin should be supplied with moisture and be constantly cooled at a comfortable temperature. After microdermabrasion as well as after a fruit acid peeling, the facial skin needs several hours until the redness recedes and the visible effects can be observed. After a double treatment, the immediate consequences combine. Dr Walter remarks: "Using epi nouvelle+ the patient's regeneration time shortens and regarding the double treatment we could observe an impressive and convincing reduction of the swelling and decrease of the redness after removing the mask. "

PICTURE OF THE POST-TREATMENT WITH EPI NOUVELLE+ NATURELLE

Direct application of the Facial Mask after the treatment

No prior cleansing of the face necessary after the fruit acid treatment; therefore, saving time; further irritation, by having to apply a moisturising cream/healing ointment, is avoided



Before, during and after the treatment

high moisture content above 95% provides the affected skin with water and fills up its reservoirs – apply mask for 45min, patient can relax, regenerate.

EXPERIENCE STATEMENT REGARDING EPI NOUVELLE+ NATURELLE BY THE TREATED PATIENT



Dr. Ev-Charlott Walter

For the double treatment a patient made herself available to the "Dermatologie am Savignyplatz" to report in detail about the effects of the post-treatment by epi nouvelle+.

The Patient states: "The facial mask adapted to my facial contour and felt soothing and pleasant with immediate effect on my irritated skin. The tingling feeling as a result of the fruit acid treatment subsided, however I felt that the treated skin continued to work under the protective layer of the mask. The sterility of the mask gave me a good feeling, knowing that I didn't had to fear an infection of the charged skin. For an additional positive point, I would like to refer to the constant and comfortable cooling made possible by this post-treatment. I observed that the newly revealed skin layer was provided with a lot of moisture, much better than with a normal moisture cream, and later the tension of the skin was much reduced. The next day I could go back to work and then really enjoy my free time."

STATEMENT OF THE DOCTOR AND
RECOMMENDATION FOR CONCEPT + PRODUCT
IN PARTICULAR

As a dermatologist, Dr Walter knew, while conducting successfully a combination treatment of microdermabrasion and fruit acid treatment, that she can rely on the regeneration supporting effect of the masks made by epi nouvelle+.

“To reduce swelling and redness, a constant cooling is beneficial and can be provided by epi nouvelle+ at about 20 to 22°C due to evaporation of moisture, which lasts up to four hours. Based on the effects on the epidermis, an intense hydration should be provided by the post-treatment. The facial mask consists of over 95% water and is therefore much more effective in filling up the hydro depots than a normal moisture crème. After such a procedure it is also very important to apply a skin barrier crème and a LSF cream. In addition, intensive physical strain should be avoided because the high blood pressure in the fine vessels in the treated area are going to be overly stressed and recurrence of the redness might be possible.”

Dr Walter is enthusiastic about the possibility to offer her patients a high-quality overall approach for treatments and is able to build a strong patient commitment. At the “Dermatologie am Savignyplatz” in Berlin the regeneration process is supported with these masks, which is why Dr Walter constantly recommends to take on this standard of post-treatment to the doctors offices of the aesthetical dermatology.