

ALGORITHM FOR REGENERATIVE DERMOCOSMETIC THERAPY COMPLEMENTARY TO DERMATOLOGICAL PROCEDURES FOR SENSITIVE SKIN

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Table 1: Final algorithm highlighting the skincare routine to pre- and post-procedure, considering the different types of procedure

INTRODUCTION & OBJECTIVE

Rejuvenation strategies to prevent or correct skin aging signs have been very successful and raised substantially these past years¹. Amongst them, the aesthetic procedures (injectables, non-ablative and ablative) are very common therapies used by the dermatologists^{1,2,3,4}. Comprehensive information regarding the procedure techniques, benefits and adverse reactions are well described. However there is a need to improve the knowledge about pre- and post-procedure skin care recommendations. This would be for 3 goals: 1/ better prepare skin before the procedure, 2/ better repair skin immediately post-procedure and 3/ improve effectiveness of the procedure. Dermocosmetics could play a key role in this skin care management complementary to dermatological procedures. Dermatologists have some options to manage the skin before the therapy and to promote wound healing after the procedures. Thus, this work aimed to describe the main adverse events seen with different procedures, and give a skin care algorithm depending on the type of procedure.

MATERIALS & METHODS

The algorithm considers the composition of dermocosmetics that should be included in 3 (three) phases of procedure - pre-procedure, immediately post-procedure (until after 7 days) and post-procedure - based on literature and best clinical practice.

RESULTS

The final algorithm is been presented in Table 1.

DISCUSSION

This algorithm helps the dermatologists to manage the skin before and after the procedure, in order to promote an appropriate skin recovery.

REFERENCES

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	INJECTABLES: FILLERS (HYALURONIC ACID), NEUROMODULATORS, BIOSTIMULATORS	PULSED LIGHT	FRACTIONAL NON- ABLATIVE LASERS	PHYSICAL PEELING	MICRONEEDLING	FRACTIONAL ABLATIVE LASERS	CHEMICAL PEELING
					SCAB		
PHYSICAL SIGNALS POST-PROCEDURE	BRUISING		ALTERATION OF THE SKIN BARRIER				
	ERYTHEMA						
	OEDEMA						
PRE-PROCEDURE (7 DAYS BEFORE)	<p>STEP 1: Discontinue the skin-renewal products</p> <p>STEP 2: Start a skincare routine focused on reinforcing the skin barrier integrity</p> <p>SKINCARE ROUTINE</p> <p>⁽¹⁾Cleansing products according to subject skin type</p> <p>⁽²⁾Repair products containing, for example, active ingredients such as hyaluronic acid, panthenol, thermal water</p> <p>⁽³⁾Sunscreen with high and broad UVB and UVA protection</p>						
	<p>SKINCARE ROUTINE</p> <p>1. Cleansing products according to subject skin type</p> <p>2. Soothing protective moisturizer containing active ingredients such as niacinamide, ceramides and glycerin, Thermal Water</p> <p>3. Sunscreen, mainly tinted</p>		<p>SKINCARE ROUTINE</p> <p>1. Cleansing products according to subject skin type</p> <p>2. Soothing protective moisturizer containing active ingredients such as niacinamide, ceramides, glycerin, thermal water.</p> <p>3. If necessary, include repair products containing active ingredients such as panthenol 5%, madecassoside, glycerin, shea butter</p> <p>4. Sunscreen, mainly tinted</p>			<p>SKINCARE ROUTINE</p> <p>1. Cleansing products according to subject skin type</p> <p>2. Repair products containing active ingredients such as panthenol 5%, madecassoside, glycerin, shea butter</p> <p>3. Sunscreen, mainly tinted</p>	
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POST-IMMEDIATE (7 DAYS AFTER)							
POST-PROCEDURE							

Disclosure

This study was funded by L'Oréal.