

Aesthetics

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Allie Anderson speaks to practitioners about the role of primed skin in the run up to an aesthetic procedure

Optimised skin health: preparing the skin before a procedure

Dr. Charlene DeHaven, Clinical Director of California-based **INNOVATIVE SKINCARE®**, believes that aligning a patient's regime with their existing skincare preferences is crucial. "Some patients are 'minimalists' and will not take the time to apply a large number of products. Multi-tasking products will be recommended for them," she says. "Others are 'power users' and are quite willing to spend a great deal of time on skin regimes and are willing to use multiple products."

According to Dr. DeHaven, reputable products with a proven track record, the quality of which can be backed up by extensive experience and training, are essential. Most notable is a good, thorough yet gentle cleanser to exfoliate while also cleaning pores, alongside one or more other topical products such as serums, gels and creams that contain various cosmeceutical 'actives'. Dr. DeHaven adds that, in general, "the regime should address and achieve optimistic epithelial turnover to physiologically more youthful values. It should improve skin cell metabolism, internal hydration and surface dryness. Improving fine lines and wrinkles as much as possible is also important so that further gains may be

achieved via the procedure, lessening uneven pigmentation, decreasing pore size, and improving skin texture."

Nutrition and diet must be addressed up to several months before an aesthetic procedure, in order to impact its success. "Rapid weight loss should also be avoided as this impairs protein synthesis, which is required for good healing and tissue regeneration," comments Dr. DeHaven.

In the event that a patient has not been following a practitioner's advice, all is not necessarily lost. "Things can still be done to help, such as extra cleansing, resurfacing or applying antioxidant serums and anti-inflammatories, as well as wound healers," comments Dr. DeHaven. "However, in all medical disciplines, prevention is always better than attempts at last-minute treatment." Oral medication, though not typically necessary except in the case of pre- or post-treatment infection, is sometimes indicated.

Dr. DeHaven adds that, since the outer layers of skin have very few blood vessels, medication taken orally tends to have difficulties reaching these areas. "There are no blood vessels in the epithelial layer of skin and nutrients must reach epithelium by the process of diffusion only. In the dermis, capillaries become much less dense progressing up from deep to superficial dermis. Orally ingested supplements are delivered from the gastrointestinal tract to target organ using the blood vessels. For these reasons, delivery of orally ingested nutrients is quite small in skin's outer layers, and so topical products are essential in optimising results."

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