

ANALYZING FITZPATRICK SKIN TYPES FOR THE CRYOCLEAR® TREATMENT

Determine Fitzpatrick skin type based on skin color, hair color and eye color and frequency of sun exposure. CryoClear Treatment is suitable for type 1 - 3. Clients with skin types 4 - 6 should be evaluated after considering the factors below. Ultimately it is your judgement as the client's esthetician on whether or not CryoClear is a good choice for treatment.

Top 6 things to consider on skin types 4, 5 and 6

1. Determine if the client typically suffers from Post-Inflammatory Hyperpigmentation (PIH) (when they have pimples or injure their skin) as they could hyper-pigment from cryotherapy. PIH is a type of dark pigmentation caused by inflammation due to some type of skin trauma and if evident can be an indicator of your clients response to treatments such as CryoClear, microdermabrasion and laser. Melanocytes are stimulated in certain individuals following injury or trauma.
2. Ask the client where on the body he/she may have a scar from injury and if there's a dark spot or dark outline around that injury. If there is evidence of PIH, the client may hyper-pigment as a result of the CryoClear treatment.
3. Ask the client how long ago the cut, burn or injury took place to determine if PIH is lightening or perhaps permanent. If the PIH has lightened over time, CryoClear may be an option but the client should know that it may take several months to lighten any PIH as a result of the CryoClear treatment.
4. Ask if any family/relatives are deeply pigmented - genetically the client could hyper-pigment more even if the client has a lighter skin tone.
5. Do not use tyrosinase inhibitors (bearberry extract, kojic acid, esterized Vitamin C or C-Ester) too soon in the post treatment - it may lead to hypopigmentation. Wait at least 3 weeks post-treatment.
6. Physiologically, skin will produce more melanin to protect inflamed tissue from sun damage. Everyone can experience a slight amount of 'darkening' of the skin after a trauma or inflammation. Any level of unprotected sun exposure will naturally increase the depth of that 'darkness' as even more melanin is produced. This is particularly evident for anyone with any natural 'color' in their skin. Be sure to only recommend a mineral sunscreen and to stay out of the sun.

Top 5 things to consider for all skin types after treatment with CryoClear

1. Clients should avoid using products that may cause further exfoliation or drying for a period of several weeks in the area of CryoClear treatment. This may include blemish lotions or acne drugs contain drying and peeling agents such as benzoyl peroxide, alpha hydroxy, or salicylic acid.
2. Highly acidic and low pH products like Vitamin C acids should be avoided for several weeks in the area of CryoClear treatment.
3. Be aware that any potential allergic reactions to topical ingredients will be heightened while the skin barrier is diminished and weakened.
4. The treated area is more susceptible to inflammation from acidic, peeling, or stimulating ingredients for several weeks after treatment and the products should be avoided for that period of time in the area of treatment - ingredients like Retinoic acids, retinols, AHA's, BHA, pure alcohol, Benzoyl Peroxide, Astringents, Hydroquinone, scrubs and strong surfactants (like acne or oily skin cleansers).
5. Emphasize on soothing post-treatment ingredients like aloe vera, allantoin (from comfrey), sea whip (*Pseudoterogorgia elizabethae*), hesperidin methyl chalcone, chrysin, white water lily extract (*Nymphaea alba* flower), chamomile, glycyrrhiza glabra (from licorice), camellia sinensis leaf extract (green tea), *Allium Cepa* (onion) bulb extract....).

NOTE: Post-Inflammatory Hyperpigmentation is always a risk associated with trauma to the skin, particularly on skin types 4 - 6. Post-Inflammatory Hyperpigmentation may lighten over time, but this is never certain as to how long it will take to lighten.

Source

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