

## Skin Care Protocols

Cosmeceuticals can be used by both men and women and can effectively treat or improve a variety of skin conditions ranging from acne and rosacea to hyperpigmentation and cellulite.

### About

Our skin, as the largest organ and the outer covering of our body, is overexposed to environmental damage in particular photodamage leading to extrinsic ageing. In addition, intrinsic ageing or chronological ageing due to inherent degenerative process is also attacking our skin from within. Intrinsic and extrinsic cutaneous ageing is a relentless process that cannot be halted or reversed. However extensive research has shown that high quality cosmeceuticals (the marriage of pharmaceutical preparations and cosmetics) can provide anti-ageing benefits through the synergistic effects of their active ingredients and the diverse range of their mechanism of action.

The regimens below reflect **Dr S. Foutsizoglou's** experience in the use of highly effective cosmeceutical products in the field of Cosmetic and Anti-Aging Medicine that are suitable for all skin types and ages. The recommended products have been used by a large number of people with a variety of skin problems producing excellent results. This is a chart developed to provide general guidelines for using preventive, protective, and corrective products and is intended for use as a guide only. Skin Care Protocols may vary considerably depending on the individual's age, skin type and problems.

Contact us today to arrange a consultation with one of our specialist doctors who will be happy to discuss our advanced cosmeceutical products for

your skin needs, as well as answer any questions you may have.

We can offer you a holistic approach to your problem by combining the most effective and safe treatments and new technologies in the fields of Cosmetic Dermatology, Anti-Ageing Medicine and Aesthetic Plastic Surgery.

In addition, all our new clients will be given a free copy of **Dr S. Foutsizoglou's** new book '*Skin Aging and the role of Cosmeceuticals in Anti-Aging Medicine*' where you can find a variety of skin care regimes covering a multitude of skin conditions that can be successfully treated or improved by the appropriate use of high quality cosmeceuticals.

### AM Regimen

#### First Step: Cleanse & Tone

##### Cleansers

Ideally a cleanser should remove impurities and make-up without damaging the skin, as well as controlling the sebum production. Reducing sebum production is of paramount importance, particularly in oily skin as sebum reduces the efficacy of topical agents and may increase the rate of complications following procedures.

For *normal* or *dry* skin a light cream cleanser or lotion is needed preferably with a moisturising formula to gently cleanse the skin and leave it smoothly textured. A good combination would be

acids which remove dead skin cells, along with soothing and hydrating botanical extracts such as chamomile, aloe or organic sweet orange oil.

For *sensitive* skin including post laser resurfacing, microdermabrasion, or chemical peels, a non-irritating, moisturising, fragrance-free, non-allergenic and emollient containing cleanser is recommended.

### Toners

#### Is a toner necessary?

If makeup use is heavy or face feels oily, a toner can remove any last traces of debris and balance skin. Toners can also smooth skin, lightly hydrate, and provide antioxidant protection as well as improving the penetration of treatment creams and serums that follow its application.

*Tip:* After cleansing, moisten cotton pad with your chosen toner and smooth over entire face. Reapply on areas of concern, or problematic skin (e.g. acne, hyperpigmentation).

### Second Step: Antioxidant Treatment

As the outermost organ exposed directly to the pro-oxidative environment, the skin is equipped with an elaborate system of antioxidant substances and enzymes, including a network of redox-active antioxidants. The endogenous antioxidant capacity of the skin is a major determinant in its response to oxidative stress-mediated damage. Normal aging process, as well as environmental stress, can deplete the epidermis of protective antioxidants. Thus, antioxidants constitute an important group of pharmacological agents capable of preventing the occurrence and reducing the severity of UV-induced skin damage and skin aging.

Although there are many known antioxidant

substances, their efficacy is limited if they fail to penetrate skin. A systematic study of endogenous antioxidants resulted first in a topical formulation of l-ascorbic acid which was maximized for chemical stability, concentration, availability, and subsequent photoprotection for skin. Addition of a-tocopherol (Vitamin E) improved stability and photoprotection, demonstrating the interacting balance achieved by combination antioxidants. Investigation of plant phenolic antioxidants revealed that ferulic acid improved the stability of the antioxidant formulation of l-ascorbic acid and a-tocopherol (CEFer) as well as its photoprotective properties.

**SkinCeuticals** has combined Vitamin C, E and Ferulic Acid along with Sodium Hyaluronate in one formulation. C E Ferulic is one of the best antioxidants available as it has been shown to deliver up to 90% of antioxidant protection.

Another excellent antioxidant is **SkinCeuticals' Phloretin CF** which prevents thymine dimmers, DNA mutations and protects against the range of reactive oxygen species (ROS) on the skin. Phloretin CF comes as a gel or serum. They both provide the same broad-range efficacy.

### Third Step: Hydrate, Calm or Correct

For aging and dry skin we use **SkinCeuticals' Retexturing Activator**, formulated with water soluble substances such as urea, filaggrin, and amino acids that make up the natural moisturizing factor (NMF) of the skin. **Retexturing Activator** provides mild exfoliation by reinforcing and hydrating the skin's barrier whilst resurfacing the skin and leaving it smoother. **Dr S. Foutsizoglou** also uses **Retexturing Activator** in all skin types and ages, for at least two weeks, in order to prime the skin prior to chemical peels.

For *normal /combination or dry* skin we would recommend the Dermal Repair Cream by *SkinMedica* which hydrates and replenishes dry skin with antioxidants (i.e. Vitamin C & E) and hyaluronic acid. It is also good for aging and problematic skin as it reduces the appearance of age spots and conditions and firms the skin.

For the thinning appearance of the mature skin caused by intrinsic aging processes such as glycation the **A.G.E INTERRUPTER** by *SkinCeuticals* is advised.

For soothing and hydrating the skin you could use Neostrata Ultra daytime Smoothing Cream for *normal or sensitive* skin or **Neostrata Oil free Lotion** or **Re-Nutriv ACE** by *SkinTech* for *oily or acne* skin.

#### Fourth Step: Moisturize

Experience has taught us that the most effective moisturising formulae should combine moisture binding agents (e.g. hyaluronic acid, panthenol) with mild exfoliating agents which help the skin get rid of the dead cells, allow young cells to surface, and enhance the penetration of the moisturizer. In addition, preventing transepidermal loss by using hydrophilic waxes as seen in **OXYNERGY** Paris products can provide long-lasting moisture.

#### Fifth Step: Sun protection

We cannot stress enough the paramount importance of skin protection from UV radiation which can have catastrophic effects in the overexposed skin.

Ultraviolet radiation is composed of electromagnetic energy with wavelength from 400nm to 200nm. The UV spectrum is divided into UVA (400-315nm), UVB (315-290nm) and UVC (290-200nm). UVA radiation is responsible for actinic (ageing) damage to the skin and can act as co-carcinogen with UVB radiation. UVB radiation

is responsible for sunburn and can induce skin cancer. The oncogenic effect occurs as a result of photochemical damage to epidermal cell DNA, damage to DNA repair mechanisms and suppression of cell-mediated immunity. UVC radiation is highly carcinogenic, but is mostly absorbed by the ozone-rich stratosphere. However with ozone depletion, UVC radiation may become a more important factor in skin cancer in the future. Use of sunscreens for skin photoprotection prevents the penetration of harmful UV rays into skin and should be part of all skin care regimes. Antioxidants exert protective effects from inside skin and, because they stimulate cellular defense mechanisms, remain active for several days. Since sunscreens and antioxidants work by different mechanisms, they should be used as complementary to each other.

For more information please book an appointment to see our specialist doctors and discuss your skin needs and concerns. The consultation is free. If you decide to go ahead with one of our skin care regimes, then with your first purchase of the recommended cosmeceuticals you will receive Dr Sotirios Foutsizoglou's book '*Skin Aging and the role of Cosmeceuticals in Anti-Aging Medicine*'.

#### PM Regimen

##### First Step: Cleanse & Tone

As per AM regimen.

##### Second Step: Vitamin A based products

Vitamin A should be a very important part of night skin care as it improves skin texture and helps with rejuvenation.

Vitamin A in the forms of retinoic acid, tretinoin, and isotretinoin are strong tissue stimulators and are available only by prescription. The retinoids used in cosmeceuticals are the alcohol and ester

(retinol, retinyl acetate, retinyl palmitate) and have less irritating effect than prescription retinoic acid. These compounds are converted in the skin into active retinoic acid (but in mild concentrations).

### Retinoic acid

- Stimulates epidermal turnover through increased mitosis, replacing damaged cells with new cells and reducing melanin production
- Stimulates collagen and elastin fibre production slowing down thinning of the skin
- Increases blood flow in the dermis
- Reduces collagen breakdown
- Is the core topical agent used when conditioning the skin (e.g. prior to resurfacing procedures)
- Is suitable for all skin types, including facial and non-facial skin

### Third Step: Hydrate, Correct and Prevent

Peptides can either be used following the application of a retinoid at night time or on its own as an alternative to retinol products, particularly in those cases where retinoic acid causes skin hypersensitivity and irritation.

Advanced skincare using peptides is the latest development in our combat against ageing skin with promising results. Peptides are indicated for all ages and skin types including very sensitive skins that cannot tolerate retinoic acid.

### Why peptides?

Peptides are chains of amino acids, the biochemical building blocks of our body. They also func-

tion as cell messengers counteracting effects of ageing by enhancing collagen III production and protecting against the effects of glycation, free radicals and ROS. When used regularly peptide enhanced skincare can help protect the skin from accelerated environmental-based ageing and rebalance the chronological skin ageing process.

*Tip:* For the peptides to produce optimal results they need to be applied regularly without breaks covering the entire skin area to be treated.

### Eyes

Infra-orbital shadows or “dark circles” under the eye area are caused by an accumulation of haemoglobin and coloured degradation products (bilirubin and iron) in the dermis and epidermis. We find products that contain *Haloxyl* very effective in the treatment of dark circles.

A product that combines haloxyl with special optical particles which reflect the sunlight to create an extra camouflage over eye shadows making thus dark circles less visible is **Dark Circles** by *Medik8*.

**Eye** by *HydroPeptide*® also contains haloxyl along with powerful peptides. It is highly recommended for puffy eyes and/or dark circles.

*Tip:* Only pump half a pea-size amount of **Eye** and divide it between both eyes. Apply any excess to upper lip area.

### Lips

The two-step **TNS LipPlump System** is an excellent product to restore fullness and thickness of the lips. **LipPlump System** consists of a proprietary mix of human growth factors, peptides and hyaluronic acid in order to instantly hydrate and plump your lips.

## Other

### Acne

For *acne prone skin* Dr S. Foutsizoglou would recommend the Blemish + Age Skincare System by *SkinCeuticals* which consists of a cleanser containing capryloyl salicylic acid and glycolic acid to remove impurities and excess oil, a *toning solution* which removes surface cells, decongests pores and resurfaces skin, and a *serum* containing 2% dioic acid and alpha- and beta-hydroxy acids to prevent acne formation, help correct acne associated hyper-pigmentation and reduce the appearance of fine lines and wrinkles. **Blemish + Age** Skincare System can be used for the treatment of acne grades I, II, III & IV.

Sun protection coupled with antioxidants are a 'must' for optimal results.

Another good anti-acne product is the **Betagel** by **Medik8**. The gel contains azelaic acid, salicylic acid and niacinamide (also known as vitamin B3) and can be used on all skin types. **Betagel** can be applied directly onto blemishes after cleansing in the morning and/or evening. It can also be used on the whole of the acneic skin to control more severe acne. **Betagel** by **Medik8** comes as part of the Anti-Acne Kit with betaRecovery™, working in unison to provide 24 hour treatment.

For antioxidant protection of the acneic skin we would recommend **blue AOX** by **Medik8** which is a non-comedogenic, oil and fragrance free formula making it suitable for problematic, oily and combination skin.

### Pigment disorders

For mild to moderate hyperpigmentation we would recommend the Pigment Regulator by *SkinCeuticals* which brightens and refines the uneven appearance of photodamaged skin. Other recommended products for correction of pigmented and photodamaged skin include the **MESOBLANCHE**

**Melano Treatment** by **INSTITUTE BCN** which combines mild exfoliating agents along with built-in sun protection (SPF 30) or the **Superceutical Anti-aging Treatment** by **PRIORI**.

### Skin Redness

For *skin redness* secondary to sun exposure, acne, rosacea or cosmetic treatments such as microdermabrasion or chemical peels the **SkinMedica's Redness Relief CalmPlex**, which contains a proprietary bioactive ingredient that addresses visible redness, is highly recommended. Results can be seen in just one week.

### Very sensitive skin

All doctors who deal with skin problems have come across, not infrequently, people with *particularly sensitive skin* who are unable to tolerate any kind of skincare products. Skin hypersensitivity manifests itself through chronic erythema, facial thread veins, skin irritation and reactivity to environmental aggressors including inappropriately used skin formulations. For this type of hypersensitive skins Dr S. Foutsizoglou finds **Medik8's Red Alert Serum** an excellent product that can be used as a preconditioning therapy for more aggressive treatments. It contains teprenone originally used in the treatment of gastric ulcers and has now been approved for cosmetic use. Studies show that Teprenone extends the life of the cell's telomeres (part of the chromosome) which effectively means the cells can divide for longer without dying.

### Eyelashes

For longer, thicker and fuller *eyelashes* and *eyebrows* RevitaLash Advanced gives amazing results. It uses a combination of functional cosmetic ingredients such as prostaglandin analogue and peptides. Its ocular safety has been tested and results were published in January 2010. No increase in intra-ocular pressure, irritation to the eye or change in iris colour have been reported.

Alternatively **ELASTILash** by **Obagi** also promises fuller and thicker eyelashes in just 6 weeks.

## Body

For the body, one of the best available products is the **Hyaluronic Acid Body Cream** by **Oxynergy**. A rich body cream specifically designed for dry skin with loss of firmness. The hyaluronic acid body cream contains a blend of active ingredients to oxygenate, moisturize, nourish, soften, and firm the skin.

Cellulite

For the Cellulite treatment, **Dr S. Foutsizoglou** would recommend the **XS Contour Body Cream** by **Oxynergy**, which is formulated with vectorized caffeine, vectorized proline, lipolytic enzymes and oxygenation factor (patented Oxynergy ingredient) for global slimming and cellulite reduction.

Another excellent topical agent for cellulite is the **MesoCell** by **INSTITUTE BCN**.

## Collagen Masks

After all non-surgical cosmetic procedures we like using the Collagen Mask by Oxynergy which contains over 90% of collagen. Collagen masks are activated directly on the skin by adding liquid allowing the collagen to form a hydrating film, and the release of collagen fragments to moisturize and soothe the treated skin.

For more information please download the FAQ PDF on collagen masks from our website.

Excellent collagen masks are also produced by **Mesoestetic** under the name **Collagen 3600** which contain high concentrations of marine enriched collagen.

## Bruising and Swelling

**SFMedica** find the Restylane Recover Cream very soothing and calming with the extra benefit of containing *arnica*. If applied regularly for up to two weeks after procedures involving the skin, it can significantly reduce swelling and bruising.

For post-op or post-procedure bruising **Chelas-kin** – new to the UK - works great even after one single application immediately after the procedure (e.g. mesotherapy) or the operation (e.g. blepharoplasty).

Following chemical peels or CO2 laser resurfacing treatments **Dr S. Foutsizoglou** uses the **Skin-Medica Ablative Post-Procedure Kit** which is formulated to protect fragile post-procedure skin, minimize complications, and support patients' recovery.

## Men

For *men*: Shaving reduces water content in the skin to less than 10% and removes important moisturising factors from the skin. **SKINN Daily Moisture cream** is recommended. It contains humectants, natural moisturising factors and lipids to repair and moisturize the skin following shaving. Anti-inflammatories are added to reduce skin irritation and repair micro-abrasions from razors. It is also free of parabens which reduce sperm count and enhance UVA damage to the skin.

**Mesoestetic's** Men's Range is a high-quality skin care line including **Mesoestetic's Abdo Attack** patches which utilise iontophoresis electro-impulses for deeper penetration and better absorption of the active ingredients (i.e. organic silica, L-Carnitine, caffeine, etc). **Abdo Attack** is indicated to reduce abdominal fat in men and tone skin.

For an individualised skin care regime book a free consultation today. All consultations take place at the London Slimming and Cosmetic Centre. If you decide to go ahead with one of our skin care regimes, then with your first purchase of the recommended cosmeceuticals you will receive **Dr Sotirios Foutsizoglou's** book '*Skin Aging and the role of Cosmeceuticals in Anti-Aging Medicine*'. In his book you can find a variety of skin care protocols covering a multitude of skin conditions that can be successfully treated or improved by the appropriate use of high quality cosmeceuticals.

## Table

| Acne grades |   |
|-------------|---|
| Grade I:    | Comedones (open & closed)   |
| Grade II:   | Comedones (not inflammatory), papules and pustules  |
| Grade III:  | Comedones, papules and pustules over entire face. No dermal infection, nodules or cysts                 |
| Grade IV:   | More extensive papules and pustules over the face than grade III and may exhibit some nodules and cysts |
| Grade V:    | Nodular or cystic acne  |