A practical algorithm for integrated skincare with nonenergy and injectable facial treatment to improve patient outcomes

1. Sanova Dermatology, Executive Director & Principal Investigator, Austin Institute for Clinical Research, Austin, TX, USA. 2. Radboud UMC Nijmegen, Andriessen Consultants, Malden, NL. 3. Dermatology, University of Jundiai, São Paulo, Brazil. 4. Dermatology, University of California, San Diego, CA, USA. 5. Bethesda, Maryland, USA. 6. London, UK. 7. Newport News, Virginia, USA. 8. Montreal, Quebec, Canada.

Background

Fig 1: Practical algorithm for integrated skincare with nonenergy and injectable facial treatment Medical and dermatologic history, with special attention to skin issues that may be exacerbated by the procedure Injectable procedures (e.g. filler, Non-energy procedures (e.g. chemical peels, microneedling, microdermabrasion) neurotoxin) •Cleanser: gentle, with physiologic pH To improve skin appearance & texture: Moisturizer: gentle, oil-free/NC for acne •Basic skincare (cleanser, moisturizer, Sunscreen: broad spectrum SPF 50+ sunscreen) •Skincare products with: Consider: additional products with Pretreatment: •Antioxidants: vitamin C, E, polyphenols antioxidants/HA start 2-4 weeks Soothing ingredients for harsh procedures: before procedure HA, botanicals •Anti-PIH ingredients for darker skin Anti-redness ingredients for erythema-prone skin TREATMENT Makeup removal, disinfectant, numbing as needed •Cleanser: gentle, glycolic preferred Basic skincare (cleanser, moisturizer, Moisturizer: gentle, oil-free/NC for acne sunscreen) Aftercare: Sunscreen: broad spectrum SPF 30+ Consider: additional products with 0-7 days after •Retinol for drug-based procedures antioxidants/HA procedure Other skincare products: continue as •Topical corticosteroids as needed needed References Kircik LH et al. J Drugs Dermatol. 2012;11(6): 737-740.. 8. Gold MH et al. J Cosmet Dermatol. 2020;19(7):1587-1592. doi.org/10.1111/jocd.13460. Dayan S. Modern Aesthetics. 2015;(7/8):46-48. Gold MH et al. J Drugs Dermatol. 2021;20:11 (Suppl):s3-10. doi.org/10.36849/jdd.1121. 9. 10. Baumann LS et al. J Drugs Dermatol. 2013;12(3):266-269. Follow-up care: Alexis AF et al. J Drugs Dermatol. 2017;16(6):s77-s80. PMID: 29028856. Cleanser: gentle, glycolic preferred Continue basic skincare (cleanser, 11. Baldwin H et al. J Drugs Dermatol. 2014;13(3):326-331. Schlessinger J et al. Aesthet Surg J. 2011;31(5):529-539. 1-4 weeks after Moisturizer: gentle, oil-free/NC for acne moisturizer, sunscreen) 12. Sullivan K et al. J Cosmet Dermatol. 2023;00:1-10. Ascher B et al. J Cosmet Laser Ther. 2012;14(5):234-238. procedure •Sunscreen: broad spectrum SPF 50+ 13. Kim J et al. J Cosmet Dermatol. 2023;22:561-568. Lee do H et al. Skin Res Technol. 2014;20(2):208-212.

Currently, standards for skincare before, during, and after nonenergy and injectable facial antiaging treatments are lacking. The algorithm on integrated skin care for facial antiaging nonenergy and injectable treatments aims to stimulate healing, reduce downtime, improving comfort and treatment outcomes. Methods A panel of seven global physicians employed a modified Delphi method and reached a consensus on an algorithm for integrated skincare for these facial treatments based on the best available evidence, the panels' clinical experience, and opinions. Results The algorithm has a pretreatment (starts 2 – 4 weeks before the procedure) and treatment (day of treatment) section, followed by after-treatment care (0 - 7 days) and follow-up care (1 - 4 weeks post-procedure) and preferably long-term (Fig 1). Applying a broad-spectrum sunscreen with an SPF 30 or higher, combined with protective measures such as wearing a wide-brimmed hat and sunglasses, is recommended to protect the face from sun exposure.¹⁻³ Dyschromia is a significant concern for those with richly pigmented skin treated with peels.³ Prescribing a professional-grade skincare routine to injection patients improves skin quality and overall aesthetic score.^{4,5} Clinicians may recommend skincare using a gentle cleanser topical skincare serum and or moisturizer with suitable and efficacious ingredients that will maximize facial benefits and maintain patient safety. Treatments containing vitamins C and E, retinoids, or other ingredients such as niacinamide, kojic acid, licorice root extract, azelaic acid, and tranexamic acid, depending on the patient's facial skin condition serve to augment and enhance benefit patient outcome and satisfaction.^{6,7} Conclusions Nonenergy and injectable procedures combined with skincare or topical treatments may improve outcomes and patient satisfaction. Topical antioxidants and free radical quenchers can combat photodamage and may offer a safe alternative to topical hydroquinone.

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Edward Lain MD FAAD,¹ Anneke Andriessen PhD,² Valeria Campos MD,³ Sabrina Fabi MD FAAD, FAACS⁴ Lisa Ginn MD, FAAD⁵ Ariel Haus MD,⁶ Valerie Harvey MD,⁷ Jean-François Tremblay MD FRCPC,⁸

