

& microdermabrasion & light treatments

Clinical cosmetic nurse **Anne Collins** reports on the benefits of microdermabrasion combined with the newer light-based treatments for skin rejuvenation and acne.

Skin rejuvenation Microdermabrasion has been utilised in the last decade for exfoliation of the skin and stimulating collagen production under the skin to iron out fine wrinkles. It has been used as a solitary treatment and is now fast becoming an important adjunct to other skin rejuvenation procedures. To boost this process of collagen production, we incorporate light-based treatments straight after microdermabrasion. New research has shown that a continuous red light (using an LED-Light emitting diode) that has been used for photodynamic therapy in skin cancer treatment is now also useful for skin rejuvenation.

The 630nm LED red light penetrates the dermis to cause new collagen production and calms down inflammatory skin conditions. The combination of micro-

‘Microdermabrasion is effective for treating acne and acne pigmentation’

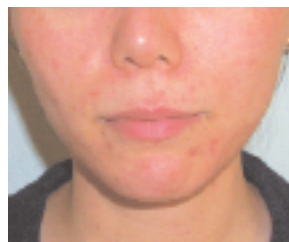
dermabrasion followed straight away by illumination with the red light was coined ‘Photodynamic Microdermabrasion’ by Sydney cosmetic surgeon Dr Samuel Seit.

‘After working with patients who present for photodynamic therapy for skin cancers and using the red light, patients and I have noticed the surrounding non-cancerous skin becomes softer, healthier and firmer in appearance,’ says cosmetic nurse Anne Collins.

Acne Microdermabrasion is effective for treating acne and acne pigmentation. It removes the dead stratum corneum, alleviating the congestion and the blackheads, which cause bacteria to build up. Best results are usually achieved with a course of six treatments provided weekly or fortnightly depending on the severity of the problem. We sometimes combine or alternate microdermabrasion with glycolic acid peels or LHE (Light Heat Energy) treatments that lighten the skin and kill off the acne-causing bacteria. All these are non-invasive treatments that allow patients to go straight

back to work. Monthly maintenance treatment enables the patient to keep the acne under control and keeps the pores unclogged, leaving brighter, smoother looking skin. When these treatments are combined with Intense Pulsed Light (IPL), active acne lesions are dramatically improved and acne hyperpigmentation virtually erased.

Types of microdermabrasion There are two kinds of microdermabrasion, namely with or without crystals. The crystals are made of aluminum oxide or organic grains, which are delivered at high velocity through a handpiece to the skin. The old dead surface skin cells are gently ‘sand blasted off’ and sucked into a waste container. On the other hand, in the machine that does not use crystals, the head contains diamond chips in the tip and they exfoliate as the handpiece moves across the skin. Both kinds leave the skin smooth and fresh while promoting new collagen growth. **acsm**



BEFORE



AFTER acne treatment by Dr Seit and Anne Collins



BEFORE



AFTER acne treatment by Dr Seit and Anne Collins