



## MCGLONE DENTAL CARE SKIN CARE FAQ'S

### **Your esthetician**

Your skin care treatments should be provided by a properly trained professional. Don't hesitate to ask your skin care therapist about her background, training, and experience—especially as it relates to the treatment you are considering.

### **What is a facial? Why do I need one?**

A facial is a professional cleansing, purifying, and beautifying treatment of the skin on the face and neck. Facials are the number one treatment performed by estheticians, and a good way for your therapist to get a good understanding of your skin prior to suggesting more aggressive treatments.

For most people, facials can be scheduled every four weeks, although your therapist may recommend a different schedule. There are many variations of facials based on different needs, as well as different lengths of time. A mini facial may be only 20–30 minutes in length, while a more luxurious version may be 75–90 minutes in length. Tell your esthetician exactly what you want to get out of your facial, and she/he will be able to recommend a facial to meet your needs.

### **Preparing for a facial**

Be sure to allow enough time to fill out a comprehensive intake prior to your treatment. Plan to arrive a little early so you will not feel rushed and can enjoy the entire length of your treatment. Remember that your hair may become damp during the facial, and will usually be held back from your face with a soft wrap or headband, so you may not want to schedule a public appearance right after your facial! There is no need to remove your makeup prior to the appointment, as it will be cleansed off during the facial.

### **What to expect**

Facials are generally very relaxing and soothing. Your esthetician will explain to you what the treatment steps will be. Be sure to communicate with your esthetician during the facial if any product burns, itches, or if you need anything or have any questions. Otherwise, just lie back and enjoy the experience. A basic facial generally includes the following steps:

- Makeup removal and cleansing of the skin.
- Skin analysis.
- **Exfoliation** by mechanical, enzymatic or chemical means.
- Massage of the face and neck, to aid in relaxation and stimulate blood and oxygen flow to the skin.
- Extraction of blackheads and other impurities, either manually (using gloved hands and cotton or tissue around the fingers with gentle pressure to remove the impacted pore) or using a metal extraction implement designed to clear blocked pores. This can also include the use of a lancet (a small, sharp blade to lift the dead cells of the skin prior to extraction).
- Application of products targeted to your skin type (dry, oily, mixed, sensitive, or mature).



### **After the facial**

After a facial, your skin will probably be soft, smooth and well hydrated. However, if multiple extractions were needed or if you required a fair amount of exfoliation, your face may be somewhat rosy for one to two hours or more, depending on how sensitive your skin is. This is quite normal. You can apply mineral makeup after your facial if there is some redness you want to conceal.

### **What about home care?**

Your esthetician will go over which professional home care products for you to continue the improvement in your skin following your professional treatment. This way, you will be using products that maximize benefits and prolong the effects of your treatment. Your therapist can explain how, when and how much of the products to use. Feel free to call the therapist later, if you have any questions.

### **What causes acne? How can skin care treatments help?**

Acne is the most common skin disorder, and 85 percent of all Americans will experience it at some time in their lifetime. While commonly thought to be an adolescent problem, it can appear at any age, most often on the face, back, and chest.

The causes of acne are complex, but usually involve the overproduction of oil, the blockage of follicles that release the oil, and the growth of bacteria in those follicles. This can be triggered by many things, including a change in medications or a change in hormone levels caused by stress or other factors. It's important to treat acne early to avoid scarring.

There are 4 grades of acne. Grade 1 is the mildest form, with open and closed comedones (whiteheads and blackheads). Grades 2 and 3 include papules and pustules as well. Grade 4 is the most advanced form, with all the above plus the appearance of cysts or nodules beneath the skin surface, that can be dime size or larger and often require medical attention to treat. Acne is not only painful but can be very emotionally and psychologically challenging as well.

### **Who can benefit from acne treatment?**

Anyone who has acne can benefit from treatment. Acne sufferers often state their quality of life and self-esteem improves dramatically once their acne is alleviated. If you are seeking a licensed esthetician's care, chances are you've already tried over-the-counter preparations with disappointing results.

Depending on the grade of your acne, your esthetician will go over the treatment options that would be the most successful for you. If you have Grade 4 acne, your esthetician will refer you to a dermatologist who can treat it medically. Once your acne is under control and improving, your esthetician can suggest treatments that will assist you in accelerating the healing process, relieving pigmentation which often accompanies acne.

### **Visiting your esthetician for acne treatment**

Be ready to fill out a medical questionnaire and describe what medications and skin care products you are using. Your therapist will do an analysis of your skin, look for any interactions between products and medications, and devise a treatment plan that's suitable for your unique needs. Keep in mind that results require a commitment on your behalf to follow a prescribed home care and professional treatment program. This often involves a series of professional treatments. It takes time to balance the skin and treat acne. Though results may not happen overnight, you are on the path to reclaiming your beautiful, clear skin!



### **What should I expect from my acne treatment?**

You should expect regularly scheduled treatments. Your treatment program may begin with an acne facial. This may include deep cleansing and extractions (clearing blocked pores), special exfoliation that will not increase inflammation or spread bacteria, a balancing/calming mask, anti-bacterial and balancing products, or some combination of these. The goal is to deeply cleanse follicles and disinfect them, clearing away oil, bacteria, and dead skin cells.

Your esthetician may also recommend a series of chemical peels. Once the active acne is cleared, microdermabrasion will assist in minimizing the appearance of scarring and diminishing residual darkening of the skin (hyperpigmentation).

### **What about home care?**

Your esthetician can provide the best guidance on caring for your skin between treatments. Generally, this will involve keeping your skin clean and avoiding picking at your blemishes—the single biggest cause of scarring. It's very important you follow instructions given to you by your esthetician. Untreated or undertreated acne can lead to continuing, worsening outbreaks and scarring. Your esthetician will be in close contact with you to be sure your products are working effectively for you. As your treatment progresses, your esthetician may change your home care routine to fit your changing skin's needs.

### **What is rosacea, and how is it treated?**

Rosacea (*rose-AY-sha*) is a chronic skin disease that causes varying degrees of redness and swelling, primarily on the face, but also at times on the scalp, neck, ears, chest, and back. It is considered a vascular disorder (a disorder of the blood vessels).

The condition can develop over a long period of time and is more common in adults, particularly those with fair skin. More women get it than men, though in men the condition is often more pronounced. Severe, untreated rosacea can lead to a disfigurement of the nose called rhinophyma.

There are four grades of rosacea:

- Grade 1: Mostly redness.
- Grade 2: Pimples and other blemishes.
- Grade 3: Edemas (swelling due to fluid retention) and inflammatory bumps on the nose.
- Grade 4: Symptoms affecting the eyes.

No one knows the cause of rosacea, but it is thought to run in families and can be aggravated by environmental factors and diet. Although rosacea can be accompanied by pustules, it is not acne. Researchers believe rosacea might be caused by several things: abnormal function of the blood vessels, sun damage, and an abnormal inflammatory reaction.

People with rosacea often learn that certain things trigger their flare-ups. It is believed that fluctuations in temperature (especially extreme heat or cold) is a common trigger. Spicy foods and alcohol consumption can also cause flare-ups.



### **How is rosacea treated?**

The key to rosacea treatment is to catch it early. It may start with skin that merely flushes red. Reducing skin temperature and calming the skin is usually the first objective. Once inflammation is under control, other treatments follow. There are many treatments, including topical agents containing azelaic acid or the antibiotic metronidazole. Both have proven helpful in relieving the symptoms of rosacea. Your physician may also prescribe internal antibiotics in the tetracycline family. Esthetically, rosacea is treated with chemical exfoliation, ultrasonic treatments, and calming, soothing, hydrating treatments.

While not a cure, any of these treatments can help control symptoms, sometimes for several years. Self-treatment is not advised, beyond a simple and gentle cleansing routine. Some over-the-counter remedies may actually worsen symptoms, as will aggressive scrubbing and rubbing. Your licensed esthetician may refer you to a dermatologist for evaluation and medical support.

### **What to expect from a rosacea treatment**

Be ready to fill out a medical questionnaire and describe what medications and skin care products you are using. Your therapist will do an analysis of your skin, look for any interactions between products and medications, and devise a treatment plan that's suitable for your unique needs. Be prepared to commit to a series of treatments and a home care regimen.

After your professional treatment, your skin care therapist can recommend a home treatment plan, as well as follow-up professional treatments. Your skin may be more sensitive after treatment. Many professional skin care lines provide specialized products that soothe the inflammation of rosacea. Your esthetician will carefully choose products for you that are least likely to irritate your skin.

### **What about home care?**

Your esthetician can provide the best guidance on caring for your skin after a treatment. In general, people with rosacea should keep a diary of things that trigger their condition: environmental factors such as sun, wind, stress, exposure to heat or severe cold, alcohol or spicy food consumption, and irritating face products. Responses to treatments vary widely; trial and error is unfortunately part of the process when working with rosacea.

### **What are antiaging treatments?**

Thanks to the wonders of science, and innovation by skin care professionals, you can choose from a wide range of antiaging treatments. You need not have wrinkles or discoloration to actively participate in an antiaging regime—many smart consumers begin caring for and protecting their skin at a young age.

Consumers today are opting for minimally invasive procedures to avoid downtime and the unmistakable appearance of having had surgery. People may notice after treatments with your skin care professional you simply seem healthier, happier, less tired, and more confident.

Some antiaging treatments your skin care professional may be able to provide are a wide variety of facials, microdermabrasion, chemical exfoliation, galvanic treatment, and phototherapy (exposure to light-emitting diodes or intense pulsed light). He or she may be trained in a host of other treatments that, while not strictly antiaging, go a long way toward making you feel more attractive, such as hair removal, makeup application, and sunless tanning.



### **Who can benefit from antiaging treatments?**

Anyone who is smart enough to use sunscreen is already participating in an antiaging regimen, and there is so much more you can do. Treatment recommendations will vary according to skin type and condition, chronological age and skin maturity, level of sun damage (everyone has some), and the goals you have for your skin. Your esthetician can outline your options and make recommendations.

### **How should I prepare for the treatment?**

Be ready to fill out a medical questionnaire and describe what medications and skin care products you are using. Your therapist will do an analysis of your skin, look for any interactions between products and medications, and devise a treatment plan that's suitable for your skin type and condition. If possible, come to your appointment without anything on your skin; otherwise your skin care professional will cleanse your skin. Start your care when you are ready to commit to a series of treatments and a home care regimen.

### **What to expect**

The results of your treatment may be obvious right away or may take some time to achieve. This depends entirely on your program and the methods used. Your skin care professional should be able to outline realistic goals for you. In some cases, skin is in poor condition and needs to be strengthened and conditioned before antiaging treatments can be performed. If you are suffering from acne, dermatitis, or rosacea, you may have to set your antiaging goals aside until you've cleared those symptoms. The good news is you may gain younger-looking skin as a side benefit of clearing and treating these conditions.

### **What about home care?**

Your esthetician can provide the best guidance on caring for your skin after a treatment. He or she may have products available for your use. It's key to commit to a home care regimen in order to maximize your investment in the treatments your esthetician provides.

### **How can I get a "safe" tan? How do I choose the right sunblock?**

Like many people, you'd love to have that bronzed look but don't want to expose yourself to harmful ultraviolet rays. With spray tanning and airbrushing, there are ways to get this attractive look safely.

The tanned look has been popular for decades and reached a new level of sophistication in the 1970s when tanning beds were invented. Many people found them a fast way to get an even, year-round tan. However, dermatologists soon became alarmed at the growing incidence of skin cancer and started educating the public about the dangers of overexposure to ultraviolet rays.

Some manufacturers of tanning beds promote the misconception that getting a base tan in a tanning bed will protect you from an even more damaging sunburn. But dermatologists agree there is simply *no safe*

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### **I've never been waxed before. How is it done?**

Waxing is the most common method of hair removal in spas today. Hair on any part of the body or face can be waxed. Warm wax is applied to the area and then removed, bringing the hair with it. There are two types of wax: hard and soft. Hard wax, which is easier on delicate skin, is often used on the face, underarms, and bikini area. Soft wax is used on the legs, arms, back, and chest.

Waxing reduces hair growth when performed at regular 30-day intervals. Because waxing pulls the hair out by the root, it grows back softer, finer, and thinner. The more you wax, the less hair grows back.

Waxing should not be performed if you have particularly sensitive skin, because it pulls off a couple of layers of skin cells along with the hair. Waxing can cause tenderness and swelling. In addition, some medications will cause the skin to react badly to waxing. Don't wax if you're taking Retin-A, Accutane, or any type of acne prescription.

### **Preparing for treatment**

Let the hair grow out to about a half-inch above the skin. If hairs are too short, the wax won't adhere strongly enough to pull them out. Refrain from taking a shower or bath before the treatment. Soaking the hair will soften it, allowing it to break more easily and making waxing less effective. Do not apply lotion to the skin before your waxing session.

### **What to expect**

An antiseptic lotion may be applied to cleanse the area first. Some estheticians apply a light dusting of baby powder to be sure the skin is dry before applying the wax.

- If soft wax is being used, the warm wax will be spread on the hairs in a thin layer. A cloth strip (muslin or pella) is then applied to the wax, and rubbed in the direction of hair growth. The strip is then pulled quickly in the opposite direction of hair growth while the skin is held taut with the other hand.
- If hard wax is being used, a thicker amount of warm wax is applied and allowed to dry. No cloth strip is applied. The wax is flicked to allow the esthetician to grip it, and it is then pulled off quickly in the opposite direction of hair growth. Hard wax doesn't adhere to the

skin as much as soft wax, and is therefore used on more delicate areas such as the bikini area, underarms and face.

### **How much does it hurt?**

Most people tolerate it well, and get used to the sensation after a few treatments. The level of discomfort you will feel depends on your level of pain tolerance in general, and on which area is being waxed. If you still find waxing very uncomfortable after several treatments, many estheticians offer numbing crèmes that can be applied 45 minutes prior to the service. Clients are also recommended to take two ibuprofen tablets prior to their appointment, to reduce discomfort and decrease inflammation in the post-waxed area. For women, it is generally best not to schedule waxing services just prior to or during your period, as you are more sensitive to pain at this time and will experience more discomfort.



### **Home care after waxing**

It's important to care for the waxed area properly after treatment to prevent ingrown hairs, breakouts, or other reactions. Exfoliation, using a pumice stone or exfoliating gloves with a bath gel, will help keep the skin clear. Avoid using a bar soap because it leaves a film on the body that could cause ingrown hairs. For the face, back, and chest, use a gentle exfoliant and an anti-breakout lotion (ask your waxer about recommended products). Directly after waxing, avoid direct sunlight and tanning booths, especially while the skin is still red from treatment. For 24 hours after waxing, avoid exercise, hot tubs, and products with harsh chemicals, perfumes, or dyes. Apply a gentle moisturizer for 24 hours after treatment.