

# COMBINING HYDRADERMABRASION WITH AESTHETIC TREATMENTS

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## INTRODUCTION

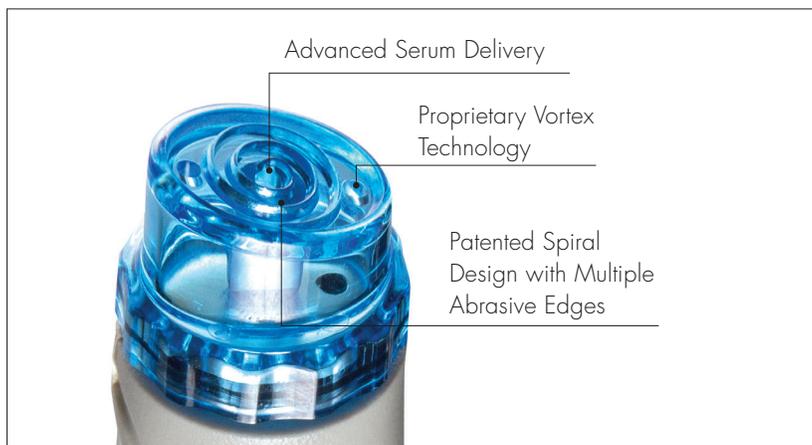
HydraFacial™ is the only hydradermabrasion procedure that combines cleansing, extraction, hydration and antioxidant protection simultaneously. This multi-modality platform detoxifies the skin through lymphatic therapy and optimizes skin health with a 3-step process (Table 1).

Table 1 — 3-Steps for HydraFacial Treatment

ACTION	OUTCOME
Step 1: Cleanse + Peel	A physical and chemical peel to cleanse and exfoliate.
Step 2: Extract + Hydrate	Remove debris from pores using painless suction, while nourishing with intense moisturizers.
Step 3: Fuse + Protect	Detoxify and protect the skin from environmental free-radicals while replenishing the skins natural hydration and elasticity.

HydraFacial uses a patented Vortex-Fusion® delivery system (Fig. 1). When applied with the proprietary vacuum technology and serums, it creates a vortex effect that easily dislodges and removes impurities while introducing hydrating skin solutions with potent antioxidants. This allows for non-invasive skin resurfacing to effectively cleanse, exfoliate and extract impurities while delivering serums filled with antioxidants, peptides and hyaluronic acid.

Fig 1 — Vortex Fusion\*



\*Image courtesy of The HydraFacial Company

## HYDROPEEL PATENTED TIPS

Figure 1. Ergonomically designed, patented handpiece. HydraFacial HydroPeel® patented tips have multiple edges to exfoliate the skin.

When combined with other medical treatments the HydraFacial System yields further improvement over what the other treatments achieve as monotherapy (Table 2).

Table 2

## CLINICAL EXPERIENCE USING THE HYDRAFACIAL SYSTEM COMBINED WITH OTHER FACIAL AESTHETIC TREATMENTS

- Fractional ablative lasers (CO<sub>2</sub>, erbium, other)
- Energy-based devices (radio frequency, ultrasound, IPL, Ultherapy®)
- Micro-needling
- Surgery
- Injectables
- Chemical Peels
- Dermaplaning
- Non-invasive fat removal

### COMPLEMENTARY TREATMENT PROTOCOLS\*

Recommendations for combining the HydraFacial System with fractional ablative lasers, energy based devices, micro-needling, surgery, cosmetic injections (e.g., botulinum toxin, fillers), chemical peels, dermaplaning, and non-invasive fat removal treatments are presented here.

#### Fractional Ablative Lasers (CO<sub>2</sub>, Erbium, Other)

Fractional ablative lasers remove thin layers of skin tissue to aid in new skin tissue repair — a process that can be dehydrating. Accordingly, hydrating the skin using the HydraFacial System increases treatment efficacy.

Pre-Treatment Protocol: Use the HydraFacial System as often as once weekly for 3 weeks. Do not perform closer than 1 week prior to laser treatment(s) to ensure that the skin is not over exfoliated. This can include mechanical lymphatic therapy, CTGF™, Dermabuilder™ (peptide complex serum) to help smooth the appearance of fine lines and wrinkles and enhance skin elasticity, and red LED lights.

Post-Treatment Protocol: Perform HydraFacial treatment at least 14 days after laser treatment to support healing. Follow this with HydraFacial treatment as often as once weekly for 3 weeks and include red LED therapy. Do not treat on or over scabs or if patient is still experiencing significant swelling or redness.

#### Energy Based Devices (Radio Frequency, Ultrasound, IPL, Ultherapy)

Energy based devices stimulate collagen production to improve skin tone and texture. It is important to keep skin hydrated prior to, and after these treatments using the HydraFacial System.

Pre-Treatment Protocol: Use the HydraFacial System as often as once weekly for 3 weeks. This can include lymphatic and red LED light therapy. On week 3, perform the energy treatment immediately after HydraFacial treatment using red LED lights only.

Post-Treatment Protocol: Perform HydraFacial treatment as often as once a week for 3 weeks after an energy based treatment. Treatment may include CTGF and red LED lights.

#### Micro-Needling

Micro-needling (collagen induction therapy) stimulates skin to promote collagen growth and allows deeper penetration of subsequent treatments and products. HydraFacial treatment prior to and after micro-needling helps maintain skin hydration.

Immediately after micro-needling, Dermabuilder or CTGF helps further reduce the appearance of fine lines, even skin tone and improve the overall skin health.

Pre-Treatment Protocol: Perform HydraFacial treatments as often as once a week for 3 weeks. This can include mechanical lymphatic therapy, Dermabuilder and red LED lights.

Post-Treatment Protocol: After the last micro-needling, apply HydraFacial treatments as often as once a week for 3 weeks, which can include lymphatic therapy, Dermabuilder, and red LED lights, alone or combined.

## **Surgery**

A series of treatments with the HydraFacial System prior to surgeries like a facelift improves hydration, skin tone and texture.

Pre-Surgical Protocol: Perform HydraFacial treatments as often as once a week for 3 weeks but not closer than 1 week prior to surgery to remove toxins, increase hydration and improve healing time. This may include mechanical lymphatic therapy, CTGF, and red LED lights.

Post-Surgical Protocol: Wait at least 2 weeks before performing HydraFacial treatments to allow the skin to heal, or after the approval of a medical professional. Continuing weekly treatments as needed depending on patient healing and practitioner discretion.

## **Cosmetic Injections (Botox, Fillers)**

Cosmetic injections smooth and diminish the appearance of fine lines and wrinkles. The HydraFacial System used prior to and after cosmetic treatments increase skin hydration and improves the overall appearance.

Pre-Cosmetic Injections Protocol: Administer HydraFacial treatments as often as once weekly for 3 weeks prior to treatment with botulinum toxin or dermal fillers. Treatment can include lymphatic therapy, CTGF or Dermabuilder, and red LED lights, alone or combined. They can be performed immediately before the injections.

Post-Cosmetic Injections Protocol: Wait 5 to 7 days after botulinum toxin injections, and 7 to 10 days after dermal filler. Then, perform HydraFacial treatments as often as once weekly for 3 weeks. Treatment may include CTGF, Dermabuilder, and red LED lights, alone or combined depending on patients needs.

## **Dermaplaning**

Dermaplaning is a skin care treatment that removes dead skin cells and vellus hair. Adding HydraFacial to the treatment protocol helps to promote soft, smooth and glowing skin.

Pre-Dermaplaning protocol: Perform a HydraFacial treatment immediately after Dermaplaning.

Post-Dermaplaning protocol: The patient should continue their monthly HydraFacial treatment protocol to continue to detoxify their skin and maintain skin health.

## **Non-Invasive Fat Removal**

Non-invasive fat removal allows your body to slowly and naturally remove dead and damaged fat cells from the body. Incorporating lymphatic therapy to before and after the treatment helps the body quickly and efficiently remove dead cells and detoxify the skin. It also helps to reduce recovery time and swelling.

Pre-Non-Invasive Fat Removal Protocol: Perform lymphatic therapy in the treatment area immediately prior to performing treatment.

Post-Non-Invasive Fat Removal Protocol: Wait 1-2 weeks after treatment to perform lymphatic therapy or until the treatment area is no longer sensitive.

## **Conclusions**

Ultraviolet radiation and environmental exposure results in photoaging. This results in a loss of collagen, decreased dermal thickness and a compromised epidermal barrier. As we have become more aware of these factors, there is growing interest to reverse these changes and recapture healthier, more youthful skin.

Hydradermabrasion, using the HydraFacial System for non-invasive skin rejuvenation, safely and effectively, in a comfortable treatment, improves skin quality, with immediate improvement that patients recognize.

Equally important, the HydraFacial System enhances the response to other treatments, including fractional ablative lasers (CO2, erbium, other), energy based devices (radio frequency, ultrasound, IPL, Ultherapy), micro-needling, toxins, fillers and even surgical facelift. Study shows that the HydraFacial System further increases antioxidant levels and results in positive histological and physiological changes compared to what can be expected from these other treatments alone.

The contributions of the HydraFacial System to aesthetic rejuvenation include improved healing through detoxification, increased hydration to improve the penetration of treatments and products, with enhanced treatment outcomes and promotion of skin health. HydraFacial helps experienced clinicians customize aesthetic treatment protocols to the needs of their patients.

## SUMMARY: COMBINING HYDRADERMABRASION WITH AESTHETIC TREATMENTS

PROCEDURE	TREATMENT	POST-TREATMENT
Fractional Ablative Lasers	HydraFacial Treatments as often as once a week for 3 weeks <b>Possible add-ons:</b> <ul style="list-style-type: none"> <li>• CTGF or Dermabuilder</li> <li>• LED Lights</li> </ul>	Wait at least 14 days before performing a HydraFacial Treatment NOTE: Do not pick or remove scabs
Energy Based Devices	HydraFacial Treatments as often as once a week for 3 weeks <b>Possible add-ons:</b> <ul style="list-style-type: none"> <li>• Lymphatic Therapy</li> <li>• LED Lights</li> </ul>	Perform a HydraFacial treatment as often as once a week for 3 weeks after an energy based device treatment
Micro-needling	HydraFacial Treatments as often as once a week for 3 weeks <b>Possible add-ons:</b> <ul style="list-style-type: none"> <li>• CTGF</li> <li>• Lymphatic Therapy</li> <li>• LED Lights</li> </ul>	Perform a HydraFacial treatment as often as once a week for 3 weeks after micro-needling
Surgical Facelift	HydraFacial Treatments as often as once a week for 3 weeks <b>Possible add-ons:</b> <ul style="list-style-type: none"> <li>• CTGF</li> <li>• Lymphatic Therapy</li> <li>• LED Lights</li> </ul>	Wait at least 14 or more days for skin to heal
Cosmetic Injections	HydraFacial Treatments as often as once a week for 3 weeks <b>Possible add-ons:</b> <ul style="list-style-type: none"> <li>• CTGF</li> <li>• Lymphatic Therapy</li> <li>• LED Lights</li> </ul>	<ul style="list-style-type: none"> <li>• Wait 5–7 days after Botox injections</li> <li>• Wait 7–10 days after filler injections</li> </ul>

PROCEDURE	TREATMENT	POST-TREATMENT
Dermaplaning	Perform a HydraFacial treatment immediately after Dermaplaning	Continue monthly HydraFacial treatment protocol to continue to detoxify the skin and maintain skin health
Non-Surgical Fat Removal	Perform lymphatic therapy in the treatment area immediately prior to performing treatment	Wait 1–2 weeks after treatment to perform lymphatic therapy or until the treatment area is no longer sensitive
Chemical Peels	HydraFacial Treatments as often as once a week for 3 weeks <b>Possible add-ons:</b> <ul style="list-style-type: none"> <li>• CTGF</li> <li>• Lymphatic Therapy</li> <li>• LED Lights</li> </ul>	Wait at least 4 weeks after a chemical peel of 40% glycolic acid or higher



\*The HydraFacial Company has not evaluated the safety or effectiveness of the above treatment options, or tested the treatments in combination with the HydraFacial® treatment recommendations. The HydraFacial Company only takes responsibility for the HydraFacial treatment and is not liable for other treatments used with HydraFacial. The above statements are only to be used as references for medical professionals who are licensed to perform the treatments. It should be used at the medical professional’s discretion. Each patient should be evaluated individually, and treatment plans should be defined by the medical professional.

## REFERENCES

1. Krekula C. Contextualizing older women’s body images: Time dimensions, multiple reference groups, and age codings of appearance. *J Women Aging*. 2016;28(1):58-67.
2. Bater KL, Ishii LE, Papel ID, et al. Association Between Facial Rejuvenation and Observer Ratings of Youth, Attractiveness, Success, and Health. *JAMA Facial Plast Surg*. 2017;19:360-7