

DermaDisc Treatment

Please note that not everyone is going to have dead skin coming off during a DermaDisc treatment. Some people will and others will not. Either way the treatment is very effective. You are still smoothing the skin and any time you abrade or cause light trauma to the skin you will build collagen and thicken the dermas. Some of your clients will become dehydrated after a treatment and skin will roll off for a few days. Some clients will not react at all but will love the exfoliation sensation of the DermaDisc and how smooth their skin feels and looks afterwards.

- 1) Cleanse skin thoroughly.
- 2) Remove cleanser with warm damp towel or sponges. Rinse well.
- 3) Blot skin dry with tissue.
- 4) Now use the DermaDisc. Turn knob at the bottom to start the vibration. **(Please watch videos on usage and care. Link is at end of this document)**. Always keep your DermaDisc very flat against the skin. Hold skin taut between two fingers of the other hand. You will use the medium disc most often. The fine is good for sensitive and rosacea skin and around the eye area. It is also good for a light exfoliation on acne skin. If your client has thick leathery skin (sun damaged, acne scarred or male) you may use the coarse disc. You can use a light touch or put a little elbow grease into it (pressure) depending how deep of an exfoliation you are wanting to achieve. Use a back and forth or circular motion. Do not stay too long on any one area at a time. Keep moving. It is best to complete a small area before moving on.

Do one pass over the entire face and then take a good look at your client's skin to assess whether a second pass is needed. If they are slightly pink, I would stop at one pass. For thicker skin you may want to do a second pass.

There is not a "must" regarding where you start, but I like to start with the forehead and proceed to the side of the face along the corner of the eyes and under the eyes. Next proceed to the nose area starting between the eyebrows and work your way down the side of the nose. The rounded edges will enable you to exfoliate the whole nose. Follow along the side of the face and around the mouth. Work around the chin area and have your client lift their chin up so you can exfoliate the neck easily. Repeat this process on the other side of the face. The DermaDisc is also perfect for the décolleté, forearms and back of the hands.

- 5) Gently remove dead skin cells with soft damp cloth or sponges. You can even do another cleanse at this point.
- 6) Apply appropriate mask for skin condition.
- 7) Rinse off mask then apply moisturizer and sunscreen.

This treatment may be repeated once a week for 4 to 6 weeks. Maintenance is one treatment every 4-6 weeks thereafter. You may add microcurrent and/or LED Light Therapy for the Ultimate Facial Treatment. You may do an enzyme or acid peel before or after using the DermaDisc. Some Estheticians like to use a peel or enzyme first and then DermaDisc. This is not my preferred option, but you can certainly test this out to see which way you prefer.

The **smooth tip** can be left in the refrigerator or freezer and used after waxing, extractions, or peels to calm the skin.

DermaDisc Care Cleaning & Sterilization

The DermaDisc is made to be used for many treatments and should last at least one year with proper care. Remove the disc tips from the unit for sterilization. **Do not put vibrating hand piece in your sterilization solutions!**

Immediately after each use, the DermaDisc tip should be placed directly in water so skin cells do not dry on the disc (this is the most important step!). If you don't put it down in water, the dead skin cells will dry in the diamonds, so you'll need to use an enzymatic sporacide solution to break it up (you don't need the sporicidal solution if you follow my cleaning instructions!!).

The DermaDisc tip should then be rinsed under hot water and the abrasive surface scrubbed with a soapy brush to remove the dead skin cells.

The DermaDisc tip should then be placed in a hospital grade disinfecting solution. Read the label on the solution for the proper soak time. Preferably no longer than 10 min. You should already be using this type of disinfecting solution. No need to hunt for something else.

To brighten dull disc tips put them in your dishwasher, it works great!! I do this once a week. **Just the tips not the hand piece!!**

<https://www.youtube.com/watch?v=nZB4VGR31I>

https://www.youtube.com/watch?v=C_ncqIsEahU

Please feel free to call or email with any questions at all! (925) 392-8114 Enjoy!