

## **Introduction**

### **Opening**

The DermaSante MiniDerm system is a revolutionary design breakthrough, that finally allows for a smaller, cheaper, and easier to use crystal peeler. Intended for use as an exfoliating device for the skin, the DermaSante directs a stream of abrasive particles across the skin and vacuums up most of those particles and exfoliated skin. The DermaSante MiniDerm is used on the face and other skin surfaces as an exfoliating device. It can clean and stimulate the skin for healthier, glowing skin.

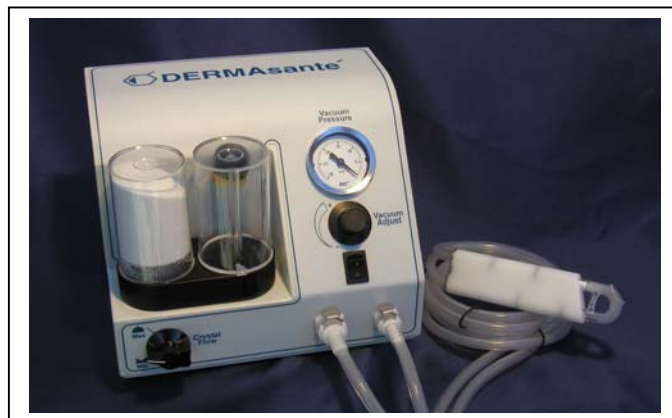
### **Unit Description**

The DermaSante MiniDerm creates a vacuum to pull a stream of abrasive crystals over the surface of the skin, resulting in exfoliation. To increase safety and ease of use, the DermaSante system forms what is often referred to as a “closed system” whereby the majority of abrasive crystals are contained within the apparatus, during both use and the disposal of the “used” crystal.

Controls are panel mounted and easy to use, with a built in vacuum gage and a switch for high or low crystal flow. Hand piece connections are along the bottom of the front panel.

### **Controls**

The front panel controls allow complete control of the system. The controls include:



- Power Switch Used to turn the pump on and off
- Vacuum Control This increases and decreases the strength of the vacuum.
- Crystal Flow This control slightly adjusts the amount of crystals and helps “stir” up the crystals in the even that the crystals stop flowing.
- Vacuum Pressure This gauge indicates the power of vacuum applied
- Hand Piece Connectors Snap-in fittings that connect to the hand piece tubes

## Initial Setup

### Instructions for Setup

Your new DermaSante can provide years of reliable operation. Everything needed to operate your DermaSante is included. Unpack the unit carefully and verify that all the following materials and parts are present:

- DermaSante MiniDerm unit
- Power cord (this is plugged into both the back of the unit and the power supply)
- Powers Supply Block (block with long cord that is plugged into the wall)
- 2 Abrasive Crystal Cartridges
- Microdermabrasion Hand piece with tubing
- 2 Microdermabrasion Hand Piece Tips
- This Manual

Once you have unpacked your system, carefully read all the materials prior to operating the unit. Check your DermaSante MiniDerm System by following the procedure below:

1. Plug in the Power supply block to the into the wall
2. Connect the power cord to the power supply block.
3. Connect the power cord at the rear of the unit.
4. Connect the microdermabrasion Hand Piece to the ports on the unit. (Note that the fittings are of different sizes and can not be connected improperly)



5. Insert a Tip into the Hand Piece.
6. Remove crystal cartridges from their sealed protective plastic bag.
7. Install crystal cartridge by carefully lining up the holes on the bottom of the crystal cartridge to the three crystal receptacle prongs on the system and pushing down from the top.



8. Set the crystal flow to Low.



9. Turn the power switch on (you will hear the pump start running). Possibly after a delay of a fraction second. This is normal.



10. Place your finger over the opening in the Hand Piece Tip and adjust the Vacuum Pressure to 5 Inches of Hg.
11. Observe the crystal flow by viewing the crystals collecting in the "waste" side of the crystal cartridge (You may be able to feel the flow on your finger).
12. As the Vacuum Pressure is increased the abrasion and suction on your finger will increase.
13. Turn the power off.

Your DermaSante is fully checked and ready for use.

## **Using the DermaSante**

### **Training Required**

Operators using the DermaSante should be fully trained professionals. Although the DermaSante is easy to use and its controls are intuitive and user friendly, misuse can cause skin damage or other complications. When properly used, mechanical skin peels (microdermabrasion, crystal peels) are a safe non-invasive treatment. Untrained personnel should not operate this device.

A complete training program for microdermabrasion should include a complete understanding of microdermabrasion operational techniques and procedures, possible adverse effects, and microdermabrasion crystal-tissue interaction.

### **What Can Be Treated?**

The MiniDerm has the ability to treat many types of skin and is a progressive treatment when preformed in a series of 4-10 treatments. Microdermabrasion operators report successful results on a range of skin problems. Microdermabrasion is used to minimize the appearance of shallow acne scars to reducing the appearance of superficial lines. Whatever the condition, treatments should always be view and administered in a gentle, comfortable, and non-aggressive manner. This is not only benefits you by offering a much safer treatment, but clients are more likely to come back if they enjoyed both the process and the results. People generally agree that you do not need to be aggressive to get great results. Microdermabrasion is a process that can gradually improve the quality of the skin with each successive treatment.

## **Contraindications**

The abrasive effect of the microdermabrasion process can cause an inflammatory response if not controlled: the skin can be damaged. Therefore, always begin treatment conservatively and observe the effect by the touch and appearance of the skin.

**WARNING:** This unit is intended for use by a trained esthetician or medical professional. Misuse can result in skin damage or undesirable complications. Always observe ALL safety precautions and other instructions outlined later in this manual.

*The following contraindications are considered inappropriate and should be avoided for treatment.*

- Skin tumor
- Eczema
- Warts
- Herpes
- Liver spots
- Birth marks
- Open lesions
- Impetigo
- Unstable diabetics
- Angioma
- Accutane use
- Eye lids
- Undiagnosed Lesions
- Telangectasias
- Active, weeping acne
- Moles
- Active Rosacea
- Auto-immune systems disorders

Please consult a physician prior to treatment when you suspect any of the above conditions or any other related condition is present. You should never take a chance on your clients skin. Select your customers by those that you know will not have problems and those who will see the best result.

Microdermabrasion should not be used on sensitive areas such as the eyelids or on the sensitive skin beneath the eyes. The eyelids should be closed at all times during the procedure and should be covered with protective eyewear or damp cotton pads as corneal abrasions by

crystals can result. Sterile eye rinse solution should be available at all times to rinse the crystals out of the eyes, should this become necessary

### **Recommended Materials**

Besides the DermaSante MiniDerm System and its abrasive crystals, there are some materials that are useful when performing microdermabrasion.

1. Material to secure hair (band or cap)
2. Gauze cotton
3. Skin cleanser
4. Water
5. Facial brush
6. Sunscreen
7. Gloves
8. Masks (cool/soothing)
9. Protective eye ware, facial masks

### **About the Skin Abrasive Material**

Your DermaSante is designed to operate with a wide array of abrasive materials, though currently aluminum oxide crystals are offered. This may change over time. Generally, aluminum oxide based abrasives give more consistent performance and are easier to control. They can also provide the most aggressive abrasion of the available abrasives. Regardless of which abrasive is used now and in the future, care should be taken to avoid exposure to the breathing the abrasive dust. Aluminum Oxides is inert and rated as a safe material by the United States Federal Drug Administration.

**WARNING:** The aluminum oxide crystals MUST NOT be reused under ANY circumstances. Re-using contaminated crystals can cause harm to the client and would void all warranty. Also, be careful to carefully dispose of the abrasive cartridges in a sealed bag or in a way that limits exposure to people.

### **Operational Settings**

The settings below are to be used as a general guide for microdermabrasion. Adjustments to these settings are needed to adapt to the patient's skin and to the desired treatment intensity. Prior to contact, you can determine the settings by placing your thumb over the tip opening. This will start crystal flow and allow the gauge to indicate the current vacuum

setting. Keep in mind that every individual's skin is unique, and refer to the following settings as a guide, not a guarantee.

**RECOMMENDED VACUUM POWER SETTINGS FOR MICRODERMABRASION**

	<b><u>Sensitive</u></b> inHg	<b><u>Normal</u></b> inHg
FACE	4-8	8-12
FOREHEAD	5-8	8-12
NOSE	4-7	4-8
NEAR EYES	2-3	2-3
ABOVE LIP	4-5	5-8
CHEST	5-8	5-10
NECK	4-7	5-8

**Microdermabrasion Procedure**

Below is a general procedure using your DermaSante MiniDerm system.

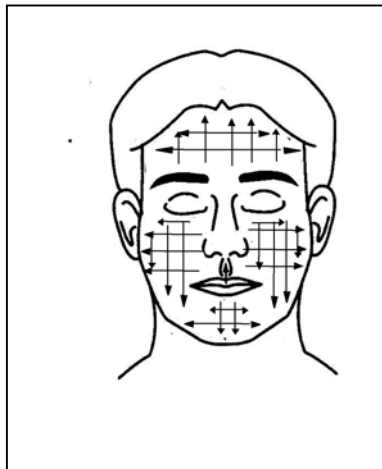
1. Client should be made as comfortable as possible. Make sure client has removed all jewelry and contacts.
2. Secure hair using a cap or hair turbine to avoid getting crystal in the hair.
3. Prepare skin surface by cleansing thoroughly with a gentle cleanser. Gentle massage may be incorporated. Remove all cleanser from skin surface with a cool water rinse.
4. Prep area to be resurfaced with a cotton pad removing all traces of oil on the skin. Alcohol may be used. **Allow skin to dry completely** so as not to introduce moisture into the system.
5. It is recommended that the technician wear gloves (preferably vinyl) and a facemask.
6. Turn the unit power on.



7. Generally the crystal flow knob is left in the low position. Turning this to high increases the crystal flow slightly. This knob is also used to mix up the crystals in the event of a clog.
8. Check that the DermaSante System vacuum power setting is set at a low setting by placing your thumb over the hand piece opening (when the hand piece is blocked the pressure gauge will display the vacuum setting).
9. Adjust the vacuum pressure to the desired setting.



10. Apply a test patch on the arm at the suspected optimal setting. If it is too aggressive or is uncomfortable to the client, turn the vacuum down.
11. A pattern of treating the face should be establish – dividing the face into quadrants such as the forehead, the left mid-face, the right mid-face, and the lower face.



12. **Always work in a direction so that the tip is removed (vacuum broken) while away from the eyes.** For example, gliding from the eyebrow to the hairline – **not** the hairline to the eyebrow.
13. Gently stretch the skin to be treated between your thumb and index finger and glide the hand piece over the skin. Be cautious not to use a setting that is too high. Run the hand piece in the same direction across the area to be treated. Repeat the process moving the hand piece in a perpendicular motion to the original treatment.

**Note:** You can increase or decrease the vacuum pressure and therefore the degree of abrasion by varying both the power and the length of time that you occlude the opening of the tip to the skin. For example; short, quick contacts with the skin will lightly abrade the skin. Longer, slower movements of the hand piece will result in reaching higher vacuum pressure and greater abrasion.

**WARNING:** DO NOT HOLD THE HAND PIECE MOTIONLESS AGAINST THE SKIN. When the hand piece does not move (or is moved too slowly) the treatment may go too deep and damage the skin.

**Note:** THE CLIENT SHOULD AT NO TIME BE IN ANY DISCOMFORT OR PAIN. IF SO, TURN THE POWER SETTING DOWN IMMEDIATELY. The client should feel a tingling or "sunburn" sensation a few moments after the resurfacing of any given area. By starting at the low to mid level power setting, you can then increase the vacuum power, which will in turn increase the degree of abrasion until the desired effect is achieved. Use care not to over treat the customer.

14. After the treatment is complete, brush off any remaining crystals with a soft brush. Apply a gentle cleanser. Remove with cool water. Again, be careful to avoid getting crystals in the eyes.
15. Spray the treatment area with a soothing conditioning or post treatment gel mist if you wish and apply a moisturizing sunscreen.
16. An SPF 15 or higher sunscreen should be applied daily for at least 5 days post procedure.

### **Adverse Effects**

Immediately after treatment some erythema and slight adema may be visible. Skin redness may last between ½ hour and a day depending on the intensity of the treatment and on the individual's skin. Deep treatments, which are not advisable, can cause a reddish brush burn or shallow wound, and under these conditions healing can last a few weeks.

### **Treatment Schedule Guide**

Every person's skin is unique. Refer to the following schedule as a guide not a guarantee. These treatments are part of an ongoing process and not a one-time solution. Discuss realistic expectations with your client. For optimum results, develop a schedule for treatments and self-care concurrently.

<u>Treatment</u>	<u>Frequency</u>	<u>Total Visits</u>
Face resurfacing	7-10 Days	3-5 visits
Neck & décolleté	14 Days	3-5 visits
Fine lines	7-12 Days	6-8 visits
Hand resurfacing	7-14 Days	3-5 visits
Hyperpigmentation	7-12 Days	8-10 visits

### Cleanup

Cleanup of the DermaSante MiniDerm should be done immediately after the treatment and prior to treatment of any new patient. The hand piece tip should be cleaned or replaced. If you do not intend to use the system for a long period of time, crystal cartridge should be removed and machine inverted over a waste can to remove all crystals in the crystal feed chamber. **Always store and use system in a clean, dry place, well out of the exposure of humidity or steam.**

#### Hand piece Cleaning

1. Use surgical gloves and face mask when handling parts of the DermaSante or abrasive materials that have been in contact with the patient's skin.
2. Remove the tip of the hand piece by grasping and pulling gently. Wipe off any debris on the tip using a mild germicide and soft brush or cloth. Place the tip in disinfectant, such as alcohol or Cydex, for 20 minutes. Remove, rinse with water and dry.

**WARNING:** IT IS IMPORTANT TO ALLOW THE HAND PIECE AND TIP TO DRY PRIOR TO RE-USE.

#### Crystal Cartridges

Again, if you do not intend to use the system for a sizable period of time, crystal cartridge should be removed and machine inverted over a waste can to remove all crystals in the crystal feed chamber. **Always store and use system in a clean, dry place, well out of the exposure of humidity or steam.** When handling the waste crystal care should be taken to avoid spilling or the escape of dust from the system.

## **UNCLOGGING**

The DermaSante MiniDerm system has been designed to reduce clogging. In the event the crystals do become clogged follow the steps below:

1. Turn the system on. Rotate the crystal flow back and forth from high to low 5-10 times then check for flow by putting your thumb over the tip and waiting a second or two.
2. Rapidly cover and uncover the hole in the tip at least 5-10 times. Check tubing for crystal flow.
3. If this first procedure does not unclog the tubing, then remove and clean the Hand Piece Tip. Try poking a small needle through the tiny hold in white ceramic insert inside the tip.

## **Troubleshooting**

<b>Symptom</b>	<b>Possible Solution</b>
<b>No Power</b>	<b>Check Power cord at wall &amp; rear panel. Try jiggling cord that plugs into the back of the unit.</b>
<b>Low Vacuum</b>	<b>Try pressing down on the crystal cartridge to create a better seal.</b>
<b>Poor Crystal Flow</b>	<p><b>Try to Break clog</b></p> <ol style="list-style-type: none"> <li><b>1. Turn vacuum to highest setting:</b></li> <li><b>2. Place finger over the open tip of hand piece.</b></li> <li><b>3. Rotate crystal flow adjust back and fourth several times and test crystal flow.</b></li> <li><b>4. Rapidly raise and lower finger on the tip – this will create vacuum surges that will unclog the pick up tube.</b></li> </ol> <p><b>Clean or replace hand piece tip</b></p>

## Addendum

Below are some sample forms that can be used to inform the patient.

### Consent Form

#### **INFORMED CONSENT FOR MICRODERMABRASION**

\_\_\_\_\_ I acknowledge that I have not used Accutane during the last six months.

\_\_\_\_\_ I acknowledge that if I am prone to Herpes (cold sore, fever blisters), I have consulted my physician and am taking an antiviral to reduce the chance of a breakout. I will need to avoid microdermabrasion treatments during a breakout.

\_\_\_\_\_ I acknowledge that I must reveal any condition that may have a bearing on this procedure, such as pregnancy, allergies, facial waxing, medication use, diabetes, or immune deficiencies, prior to receiving treatment.

\_\_\_\_\_ I acknowledge that there is no guarantee that dark discoloration of the skin (pigmentation, plasma) will be reduced or faded. Pigmentation may improve with successive treatments and a proper skin care regimen.

\_\_\_\_\_ I acknowledge that my skin might experience temporary tightness, redness, or slight swelling which usually dissipates within 24 hours depending on skin sensitivity.

\_\_\_\_\_ I acknowledge that if I fail to use adequate sunscreen (SPF 15), I am more susceptible to sunburn and skin damage.

\_\_\_\_\_ I acknowledge this treatment is strictly an elective cosmetic procedure and that no medical claims are expressed or implied.

\_\_\_\_\_ I acknowledge that I should avoid use of glycolic or Retina A type products for 2-4 days following microdermabrasion. I hereby agree to have microdermabrasion performed. I agree to follow all pre and post-treatment instructions.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

**Client Questionnaire Form**

**CLIENT QUESTIONNAIRE**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
Telephone (home) \_\_\_\_\_  
(work) \_\_\_\_\_  
Birthday: \_\_\_\_\_  
Employer: \_\_\_\_\_  
Occupation: \_\_\_\_\_  
Referred By: \_\_\_\_\_

**MEDICAL INFORMATION**

Do any of the following pertain to you?

YES	NO	
___	___	Accutane
___	___	Allergies
___	___	Aspirin, Ibuprofen
___	___	Autoimmune disease, HIV, Lupus, Hepatitis
___	___	Birth control pills, hormones
___	___	Bruise easily, cuts
___	___	Diabetes
___	___	Eczema
___	___	Herpes, cold sores, fever blisters
___	___	Keloids, pigmented scars
___	___	Irregular, pigmented moles or growths
___	___	Pregnancy, breast feeding
___	___	Stretch marks
___	___	Sunburn
___	___	Warts
___	___	Alcohol
___	___	Smoking
___	___	Currently under the care of a physician? _____
___	___	Currently taking any medication? _____
___	___	Laser procedures, chemical peel, dermabrasion, or microdermabrasion? _____

My interest in microdermabrasion is primarily for (i.e. skin rejuvenation, acne, hyperpigmentation, scarring, etc.

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Are there any specific areas of concern (eyes, mouth, forehead) that you want treated?

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\_\_\_\_\_  
**Client Signature**

\_\_\_\_\_  
**Date**