

INNOVATION CONCEPT PEEL (ICP)

PHOTOAGING, HYPERPIGMENTATION AND FACIAL SEBORRHOEA

As we get older, our skin ages. This is genetically predetermined and inescapable. Eventually our skin becomes fine, white and wrinkled. Environmental damage, mostly exposure to the sun (known as photo damage), accounts for virtually all other damage to the skin. Photo aging shows itself as any one or a combination of open pores, lines, dull complexion, pigmentation and redness. It is becoming appreciated that early exposure to UV light is fundamental to later signs of damage. Acne is probably the second most damaging phenomenon. This, too, leaves scars, pigmentation, redness and uneven skin texture.

Excess pigmentation is just one sign of photo damage. Damaged melanocytes (pigment making cells) produce abnormal quantities of the pigment melanin and distribute it unevenly in the skin. This result is often heightened by concurrent stress, pregnancy, use of the hormone oestrogen, or racial susceptibility. It is more noticeable after sun exposure. Abnormal pigmentation has until now been difficult to resolve.

Seborrhoeic skin is red, open and greasy. It is prone to open pores, dilated capillaries and blackheads.

Photo aged skin becomes more and more difficult to conceal with make-up; make-up makes deep lines appear deeper.

INNOVATIVE CONCEPT PEEL (ICP) was created as a treatment for pigmentation on the face either of melanocyte or capillary origin. It is, however, also a powerful treatment for photo aging in general and abnormal pigmentation of hormonal origin such as melasma and chloasma. It is remarkably well tolerated by all skin types and provides results comparable to classical medium depth peeling without the risk, discomfort or down time. It can be repeated after one month; this is recommended for stubborn or deep lesions.

Treatment with ICP can be started at the first visit to the specialist, without the need for skin preparation. ICP improves and prolongs skin quality.

FUNDAMENTALS OF THE PRODUCT

ICP IS DIFFERENT TO ALL OTHER REJUVENATING & DEPIGMENTING PROCEDURES.

- Results are obtained very quickly after the treatment; even at day 5 significant improvement can be appreciated.
- The procedure is not painful. It is not difficult to perform. There is no end stage to watch for, no neutralisation and no risk of scarring.
- Results are obtained without significant desquamation or peeling. There is no brown, scaly stage, the skin remains intact and does not weep during the short desquamation phase.
- Down-time is minimised to one day of red skin (like sunburn), two days of pink and then one day of peeling. Make-up can be worn at all times.

- Future UV exposure will not reawaken the pigmented areas, providing that the protocol is followed completely and the post peeling creams and UV protection are used. However, UV exposure is not recommended.
- It is a totally innocuous and safe treatment with an excellent safety record.
- It is suitable for all photo types.

ICP can be combined with other dermatological techniques such as laser or IPL to reduce associated pigmentation risk and accelerate results.

Areas other than the face can also be treated; photo damaged skin on the hands, arms and décolleté respond well to ICP.

Oily, open skin with dilated pores and increased sebum production can be reduced dramatically.

ICP can also be used to improve skin quality in young (30-40) people with no specific damage. In five days the skin acquires a rejuvenated and smoothed effect.

DURATION OF APPLICATION OF THE ICP CIMEL ACTIVATOR

In essence the longer the ICP activator is in contact with the skin the deeper the active ingredients penetrate, the better the results but the more intense the redness on day 1. The thicker the skin, the longer the product will need to be left on. Conversely, the finer or thinner the skin or the more reduced the likelihood of healing (advanced age, diabetes, etc) the more care will need to be taken in deciding when to remove it. If in doubt, leave the product on for a shorter time and then repeat the procedure a second time.

The maximum the ICP activator may be left on the face is 8 hours. On the hands and arms, 10 hours is necessary to achieve an effect. Remember that as with all other peels, the chest and neck take twice as long to heal. Remember also to keep the total area treated manageable for the patient, as with deeper peels.



CLIENT INSTRUCTIONS FOR THE ICP PEEL

You should avoid the sun, hot environments, hot spicy food and alcohol for the 1st five days following the initial treatment.

At all times during the day it is essential to apply the SUNBLOCK or the MAKE-UP WITH SPF included in the pack, or a mixture of the two. Remember that UV light does penetrate glass and windscreens and the sun can appear from behind the clouds.

ICP PEELING is a new concept in skin treatment. It has an excellent safety profile and good results can be achieved providing the after treatment instructions are followed exactly. If you are in any doubt please ask your practitioner. All of the necessary creams are in the bag. Please do not use any other face creams until after day 28 as this could compromise the result and cause damage. You may, however, use your normal make up, concealer and foundation from day +1 after treatment.

TREATMENT DAY 0 = APPLICATION OF THE ICP MASK.

The mask is removed at the time directed by the treating professional, using a tissue or cotton wool pad. Then wash off the remainder using some of the FOAMING GEL and a flannel. Dry the skin and apply a thin layer of the SKIN RECOVERY CREAM. At this stage your skin may feel a little tender and may not show significant change. If you wish to wash your face before you go to bed, wash the skin again with a little of the FOAMING GEL and apply SKIN RECOVERY CREAM.

DAY +1 to DAY +4

The day after your treatment your skin may be quite red, a little tender to touch and feel slightly tight. This is normal.

During days +2 to +5 the skin will lose its redness and become pink then pale pink, finally becoming dry and flaky. *Do not pick*, the skin will flake off itself, revealing new skin underneath.

MORNING – Wash with FOAMING GEL
Apply SKIN RECOVERY CREAM

NIGHT – Wash with FOAMING GEL
Apply SKIN RECOVERY CREAM

If the sensation of tightness, itching or prickling is uncomfortable this may be soothed by copious amounts of SKIN RECOVERY CREAM at any time, but continue the basic day and night routine.

DAYS +5 to +9

You should no longer need the SKIN RECOVERY CREAM and may now continue with the MOISTURISER instead, which you use morning and night. If however, you *prefer* the SKIN RECOVERY CREAM, you may continue with it.

DAYS +10 to +28

You will now add as a night cream on *alternate* nights the GREEN PUMP (CIMEL MANTENIMIENTO). On the nights that you do not use the green pump, continue with the MOISTURISER.

NB. The contents of the GREEN PUMP may make your skin red and or dry. If this occurs and is intolerable, increase the interval of use to three or even five days between applications.

DAY +28

The treatment has ended. Maintain the results with MEDICLEAN day cream and RETIDERM K night cream or MEDICLEAN NIGHT CONTROL (your therapist will advise you which one), still using the GREEN PUMP (CIMEL MANTENIMIENTO) twice a week until it is finished.

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ICP CLINICAL TESTS

Tests undertaken on 183 patients, skin types II - V; 155 female and 28 men

First group: 60 patients with pigmentary alterations

Second group: 55 patients affected by cutaneous aging

Third group: 42 patients with seborrhoeic skin

Fourth group: 26 patients with melano-hematic pigmentation

RESULTS OF THE FIRST GROUP (HYPERPIGMENTATION)

Lesion	No. patients	1st application		2nd application		Results
		15 days	1st month	1 month	1 month	
Melasma	35	50 %	75 %	90-100 %		Improvement
Chloasma	10	40 %	60 %	90-100 %		Improvement
Lentigo	10	30 %	50 %	85 %		Improvement
Ephelides	3	25 %	50 %	80 %		Improvement
DPLE	2	25 %	50 %	75 %		Improvement

DPLE: Diffuse pigmentation of the lower eyelids

RESULTS OF THE SECOND GROUP (AGING)

Lesion	No. patients	1st application		2nd application		Results
		15 days	1st month	1 month	1 month	
Cutaneous photoaging	35	65 %	70 %	80%		Improvement
Photoaging	20	75 %	80 %	80%		Improvement

RESULTS OF THE THIRD GROUP (SEBORRHOEA)

Lesion	No. patients	1st application		2nd application		Results
		15 days	1st month	1 month	1 month	
Seborrhoeic skin	42	50 %	60 %	75 %		Improvement

RESULTS OF THE FOURTH GROUP (MELANO-HEMATIC PIGMENTATIONS)

Lesion	No. patients	1st application		2nd application		Results
		15 days	1st month	1 month	1 month	
Ochre yellow Dermatitis	7	40 %	50 %	75 %		Improvement
Scars	6	40 %	50 %	70 %		Improvement
Post-sclerosis						
Hyperpigmentation	5	40 %	60 %	80 %		Improvement
Necrobiosis Lipoidica	8	30 %	40 %	60 %		Improvement

Summary: This study confirms the safety, efficacy and tolerance of the ICP peeling system, providing the protocol is followed completely and the duration of application carefully determined and rigorously respected.

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RESULTS OF THE ICP TREATMENT IN DIFFERENT DERMATOLOGICAL ALTERATIONS

PATIENT WITH MELASMA
AND SEBORRHEIC SKIN



MELASMA + LENTIGOS
+ ACTINIC KERATOSIS



AGING SPOTS



SCLEROSING TREATMENT
OF VARICOSE VEINS
+ LASER THERAPY
+ ICP TREATMENT



POST-BURN
PIGMENTED SCARS

