



Collagen Induction Therapy Facial Protocol ft. My Skin Buddy

Pre-treatment Instruction

- ❑ All clients should fill out and sign consent forms provided by the clinic or spa.
- ❑ Prior to treatment, it is suggested that the provider offer a full consultation of expectations, possible side effects, benefits, post-care instructions, and treatment plan goals with their client. This process is referred to as the informed consent. Possible contraindications and photo-sensitizing medications should also be reviewed prior to treatment. **Post-treatment client cooperation is vital.**
- ❑ If a patient has no contraindications and agrees to the treatment plan, you may proceed. Keep copies of all forms signed by the client for your records.
- ❑ Clients should avoid direct sun exposure and tanning beds for at least 4 weeks pre and post treatment. Sunscreen of SPF 30+ UVA/UVB Broad spectrum is recommended daily
- ❑ Clients should avoid Retin-A, chemical peels, injections, fillers 2 weeks before treatment.
- ❑ Please note: A test patch should be done prior to treatment when using anything other than sterile saline to reduce the risk of adverse reactions.

Supplies You May Need

- Herbal Skin Solutions CIT Pen w/ one fully charged lithium battery
- 12 tip disposable needle cartridge
- Protective sleeve for device and cord cover if device has to be plugged in during usage
- Zensa Numbing Cream (if necessary)
- Chosen serum for glide during needling treatment (i.e. sterile saline, Saian Pure Hyaluronic Acid Serum, AnteAGE Stem Cell Microneedling Solution)
- Small glass dish to distribute needling solution into
- Gloves
- 4x4 disposable wipes & disposable sponges
- Alcohol wipes for degreasing the skin
- My Skin Buddy device
- Herbal Skin Solutions Hydrating Herbal Cleanser
- Disposable sharps container to place cartridges when done
- Disposable hair net
- Disposable sterile towel drape (one to protect clients clothes if necessary and one to put under clients head if working on the face)



HERBAL SKIN SOLUTIONS

Protocol

- ❑ To ensure your CIT Pen has a full battery, connect the AUX/USB charger until the light on the battery turns blue. The batteries are lithium so be sure not to charge longer than needed and do not leave on charge overnight. Do not over-tighten the battery when connecting to your CIT Pen.
- ❑ Take clear “before” photos in a designated area with consistent lighting at various angles and concentrating on areas of concern, such as hyperpigmentation, acne scarring or loss of elasticity.
- ❑ Prep skin with a double cleanse. Use My Skin Buddy on mode 1 (deep cleansing & exfoliation w/ red LED) paired with Herbal Skin Solutions Neroli Repair Oil for 2-3 minutes around the face and neck in slow circular motions. Emulsify remaining oil on skin with water and wipe excess oil off with disposable sponges. Apply a small amount of Herbal Skin Solutions Hydrating Herbal Cleanser to face and neck with fingertips and repeat cleansing mode 1 with My Skin Buddy to thoroughly cleanse the skin of all dirt, oil, makeup & debris. If the skin starts to dry, evenly spritz skin with Herbal Skin Solutions pH Balance Toner or Hydrating Mist w/ Chamomile & Lavender so My Skin Buddy glides gently across the treated area. After the pre-set 5 minute My Skin Buddy cleanse is complete, remove any remaining product with a luke warm towel or disposable sponges.

**Exfoliation will allow better absorption of topical anesthetic. For optimal results, you may also administer oxygen infusion, microcurrent, gentle enzymes or dermaplane prior to treatment (assuming these treatments are considered within your scope of practice per your State Board of Regulation)*

- ❑ When using a gentle enzyme, such as AnteAGE Regenzyme, apply a light layer of product to the area being treated (in this case, face and neck) Use My Skin Buddy on the product-infusion mode of your choice (Mode 2 for acne treatment & prevention, mode 3 for calming and brightening, mode 4 for skin rejuvenation & anti-aging, mode 5 for multi-symptom “disco light” or mode 6 for product infusion with no LED light) After 5 minutes have passed or once product has visibly absorbed, wipe enzyme remnants with a warm towel or disposable sponges.



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- ❑ After cleansing and exfoliating (if applicable) restore the skin's pH with My Skin Buddy device and Herbal Skin Solutions pH Balance Toner. Spray cotton round with pH Balance Toner and place cotton round over My Skin Buddy massage head. Secure with provided cosmetic cotton cover. Repeat cleansing mode 1 (deep cleansing & exfoliating) for 5 minutes working in sweeping motions from the center of the face out starting at the forehead and working down the entire face and neck. After 5 minutes the device will shut off automatically.
- ❑ After toning & degreasing the skin, apply Zensa numbing cream as directed by the manufacturer, avoiding around the eye area. You can numb over eyebrows and lips if microneedling in these areas since they can be more sensitive. Saran wrap may be used to cover the numbing cream for better efficacy. Celluma LED on Infrared setting over numbing cream for 5-10 mins will also enhance efficacy.
- ❑ Once the client is comfortably numb, remove excess topical anesthetic cream with a dry woven 4x4. Then degrease the area with 70% Isopropyl Alcohol, rubbing alcohol or Savlon to sterilize. Avoid cleansers such as Povidone.
- ❑ Set CIT Pen to 0.25mm before inserting a cartridge. Select a new, disposable cartridge each time, according to the patient's desired results. Insert sterile cartridge into top of pen, spiral side down, until the cartridge is flush with the device. Once the cartridge is flush, twist the cartridge clockwise until you feel the grooves interlocking into place. Be sure the cartridge is fully secure with no wiggle room. This will ensure your cartridge does not pop off during treatment. Clip off the top triangle of the protective sleeve and place over your device. To power your device on, hold the power button down for 2-3 seconds until you feel your device power on. Once on, press the power button once to change through the 5 various speed settings.
- ❑ Apply preferred choice of glide to the area you will be working on (i.e. Sterile Saline, Saian Pure Hyaluronic Acid Serum or AnteAGE Stem Cell Microneedling Solution)
- ❑ Select needle depth according to customized treatment plan. **It is every Esthetician's responsibility to work only within their scope of Practice or only as deep as their state allows.**
- ❑ Grip the CIT Pen lightly, as you would glide a pen. Pull the treated area tight. Working in directions towards the outer face will facilitate lymphatic drainage. Work in a cross link pattern or circular motion until you have reached 4 passes, redness or pinpoint bleeding before moving to the next area. Do not apply much pressure. The CIT Pen should glide at a rate of one inch per second.



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- ❑ The device should be lifted frequently or change in directions to prevent the needles re-entering the skin with each pass in the same place, leaving behind track marks or causing micro tears in the skin.
- ❑ Make sure the skin stays hydrated leading the needles to glide on the skin (NEVER scratching or pulling the skin). If you are catching the skin, the treated area needs more moisture, lower depth, less pressure or is not being pulled taut enough.
- ❑ If bleeding occurs, wipe the skin immediately with a dry 4x4. Blood hardening prevents absorption of topicals by thickening in the channels of the skin.
- ❑ When working around the orbital rim with the 12 tip needle cartridge, pull the skin under the eye down to the orbital rim to work along the bone. Do not work directly above or below the eyes with the invasive cartridges.
- ❑ When finished needling the treated area, shut the device off by holding the power button for 2-3 seconds. Once off, adjust the depth back to 0.25mm. Remove your tip and dispose of the cartridge in a sharps container.
- ❑ Gently wipe treated skin with a damp 4x4 to wipe away any coagulation (dried blood).
- ❑ Apply any leftover serum and massage gently into the skin.
- ❑ If applying Herbal Skin Solutions Herbal CBD Sheet Mask post-treatment, use My Skin Buddy on chosen Product-Infusion mode (2-6) for pre-set 5 minutes or until sheet mask starts to dry for enhanced product absorption.
- ❑ Apply Herbal Skin Solutions Vitamin C+ Enhancement Serum or Saian Pure Hyaluronic Acid Serum before the client leaves the treatment room.
- ❑ A hat, scarf, clean sunglasses or solar shield visor may also be worn prior to the client leaving the treatment room during daytime hours for extra protection since we do not recommend applying SPF the same day of treatment.
- ❑ Take after photo in the same spot, same angles and same lighting as the previous before photos for comparison.
- ❑ Provide clients with home care products and book follow-up appointments 3 weeks - 30 days out.



What to expect post treatment

Day 1: Skin will be erythematous and flushed after treatment, depending on the intensity of treatment. Pinpoint bleeding may occur. Clients should not apply makeup for at least 12 hours.

Day 2: A red or pink hue persists like moderate sunburn. Swelling and slight bruising may be more noticeable on the second day. Minor scratches may be visible. Continue applying post-care treatment serum or mask as needed.

Day 3: Skin can be pink or normal color. Swelling subsides. The skin can feel dry and/or tight. A slight outbreak of acne or milia (tiny white bumps) is possible. Light peeling usually occurs in about three days and will be replaced with brand new skin.

CIT Treatment post care advi

- Advise clients to use a gentle cleanser morning and night, using only fingertips in gentle circular motions, especially within the first 24 hours. No clarisonic brush or washcloth should be used until sensitivities subside.
- Apply Saian Pure Hyaluronic Acid serum or Herbal Skin Solutions Vitamin C+ Enhancement serum morning and night after cleansing. Advise hydration and cleansing with **alkaline water** to strengthen the capillary wall. By day 2, clients can start incorporating My Skin Buddy into their at-home routine in Product-Infusion modes 2-6 for enhanced serum penetration. If clients are prone to PIH, Melasma or Hyperpigmentation, we recommend not using cleansing mode 1 (thermal heat therapy) until all sensitivities and redness has completely subsided.
- Suggest daily use of Vitamin C internally to aid the cell function, such as Herbal Skin Solutions liquid Liposomal-C supplement.
- Taking Herbal Skin Solutions Glucosamine oral supplement during the early stages of wound healing (first few days post treatment) enhances Hyaluronic production in the wound and promotes quicker healing and fewer complications related to scarring. Zinc may be recommended for collagen synthesis.
- If the client has pigmentation concerns a Tyrosinase inhibitor may be recommended prior to treatment and for daily home care to aid in results, such as internal Liposomal-C, topical Vitamin C+ Enhancement serum, Copper peptides and Glutathione.
- Clients should switch to a fresh, clean pillowcase post treatment washed in fragrance-free detergent.