

Overview

This standard coexists alongside, **SKANSC1: Implement and maintain safe, hygienic and effective working practices during elective non-surgical cosmetic procedures, SKANSC2: Consult, assess, plan and prepare for elective non surgical cosmetic procedures, SKANSC14 Carry out a thorough skin analysis using technologies and SKANSC15 Complication management of non-surgical cosmetic procedures.** This standard is for an aesthetic practitioner providing dermabrasion treatments using the following technologies, oxygen, saline solution, water, diamond tips and crystals to improve and maintain skin condition. You will also be required to do a post treatment evaluation and reflection for continuous improvement. Users of this standard will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance. It is advisable users of this standard are aware of, and comply with first aid requirements in accordance with legislation and organisational policies and procedures.

Provide face and/or body dermabrasion treatments

Performance criteria

You must be able to:

1. carry out a concise and comprehensive consultation face to face with the individual
2. maintain your responsibilities for health and safety pre, during and post the dermabrasion procedure
3. discuss and establish the individual's objectives, skin concerns, expectations and desired outcomes to inform the treatment plan, to include:
 - 3.1 treatment history
 - 3.2 skincare regime
 - 3.3 lifestyle
 - 3.4 alternative treatment options
4. discuss and agree the skin priming programme or recommendations required, prior to the dermabrasion treatment
5. confirm and agree with the individual, they have understood the proposed dermabrasion treatment, to include:
 - 5.1 expected outcomes
 - 5.2 **contra-actions**
 - 5.3 **adverse reactions**
 - 5.4 pre and post treatment requirements
 - 5.5 physical sensation and sound dermabrasion treatment protocol
6. obtain and record the individual's informed consent for the dermabrasion treatment, in accordance with organisational and insurance requirements
7. carry out a pre-treatment test(s) to determine skin sensitivity
8. prepare and cleanse the individual's treatment area in accordance with the **dermabrasion treatment protocol**
9. illuminate and magnify the individuals treatment area in accordance with the **dermabrasion treatment protocol**
10. carry out a skin and body analysis, to include:
 - 10.1 **skin classification**
 - 10.2 **skin condition**
 - 10.3 **skin type**
 - 10.4 **body type characteristics**
11. select tools and equipment in accordance with the **dermabrasion treatment protocol**, to include:

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- 11.1 test the tools and equipment in accordance with the manufacturer instructions and legislative requirements
- 12. carry out the dermabrasion treatment in accordance with the **dermabrasion treatment protocol** to include:
 - 12.1 reiterate the treatment sensation and noise created by the equipment to the individual
 - 12.2 use and adapt the equipment, tools and treatment duration according to the **dermabrasion treatment protocol**
- 13. monitor the individual's health, wellbeing and skin reaction throughout the dermabrasion treatment
- 14. implement the correct course of action in the event of an adverse reaction
- 15. conclude the treatment in accordance with the **dermabrasion treatment protocol**, legislative requirements and organisational policies and procedures
- 16. complete the individual's treatment records and store in accordance with data legislation
- 17. use reflective practice to evaluate the dermabrasion treatment and take appropriate action
- 18. provide **instructions** and advice to the individual, pre and post the treatment
- 19. record the outcome and evaluation of the dermabrasion treatment

Knowledge and understanding

You need to know and understand:

1. your role and responsibilities in providing dermabrasion treatments and the importance of working within your competence
2. why you must comply with ethical practice and work within the legislative requirements, to include:
3. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
4. the **anatomy and physiology** relevant to this standard
5. the relative and absolute contraindications relevant to the dermabrasion treatment, to include:
6. the importance of recognising suspicious skin irregularities and lesions, and referring to a relevant healthcare professional
7. the types of **dermabrasion technologies** used in **face and body** treatments and the physiological effects on skin to include:
8. the purpose, use and limitations of dermabrasion treatments in relation to:
9. how a skin priming programme and pre-treatment recommendations can benefit the dermabrasion treatment outcomes
10. the **adverse reactions** associated with dermabrasion treatments and how to respond
11. the health and safety responsibilities in line with legislation before, during and after the dermabrasion treatment
12. the legal requirements for providing non surgical cosmetic procedures to minors and vulnerable adults
13. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the dermabrasion treatment plan
14. the fee structures and treatment options

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15. the legislative and indemnity requirements of gaining signed, informed consent for the dermabrasion treatment
16. the importance of adhering to the dermabrasion treatment protocol
17. how to carry out and interpret pre-treatment tests
18. the importance of magnification, illumination and preparation of the individual's treatment area when carrying out a skin analysis
19. the importance of carrying out a skin analysis to determine the treatment plan and dermabrasion equipment to be used
20. the types of hygiene products for your skin and the importance of following manufacturer instructions
21. the products used in conjunction with dermabrasion treatments and the risks associated
22. how to prepare and use products and equipment in accordance with the **dermabrasion treatment protocol**
23. the types of treatments that could be given in conjunction with, or after, dermabrasion treatments
24. why it is important to explain the treatment process, equipment noise and sensation to the individual
25.
the importance of applying a post treatment product, to include:
26.
the importance of monitoring the health and wellbeing of the individual during, and post treatment
27. the reasons for taking consensual visual media of the individual's treatment area and storing in accordance with the service, legislative, insurance and organisational requirements
28. the legislative and regulatory requirements of completing and storing the individual's dermabrasion treatment record
29. the expected outcomes of dermabrasion treatments
30. the purpose of reflective practice and evaluation and how it informs future treatments
31. the importance to record the outcome and evaluation of the dermabrasion treatment
32. the **instructions** and advice, pre and post the dermabrasion treatment

Scope/range

Contra-actions

1. erythema
2. temporary dryness
3. temporary hypersensitivity

Adverse reactions

1. hyperaemia
2. bruising
3. irritation
4. allergy
5. hyper/hypopigmentation
6. oedema
7. eye injury

Dermabrasion treatment protocol

1. working environment
2. health and safety
3. infection prevention and control
4. service plan
5. informed consent
6. data management
7. test outcomes
8. manufacturer instructions
9. audit and accountability
10. instructions and advice
11. sustainability
12. waste management
13. evidence-based practice
14. reflective practice

Skin classification

1. Fitzpatrick scale
2. Phenotype and genotype
3. Lancer scale
4. Glogau scale

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5. Rubins Scale
6. Monks Skin Tone Scale

Skin condition

1. lax elasticity
2. hyper and hypo pigmentation
3. congested
4. pustular
5. fragile
6. vascular
7. sensitised
8. sensitive
9. dehydrated
10. photo-sensitive
11. photo-aged
12. lack lustre

Skin type

1. dry
2. oily
3. combination
4. balanced

Body type classification

1. endomorph
2. mesomorph
3. ectomorph

Body type characteristics

1. muscle tone
2. muscle tension
3. hair density
4. sluggish circulation
5. skin classification
6. skin condition
7. lax elasticity
8. posture

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Instructions

1. the individual and practitioner's legal rights and responsibilities
2. pre and post treatment instructions and care
3. restrictions and associated risks
4. future treatments

Anatomy and physiology

1. the structure and function of the tissues, cells, organs and body systems and their interdependence on each other
2. relative and absolute contraindications and related pathologies
3. intrinsic and extrinsic factors that affect skin condition
4. acne grading criteria
5. the skin barrier function
6. the physical, physiological and psychological effects of dermabrasion treatments

Dermabrasion technologies

1. oxygen
2. saline solution
3. water
4. diamond tips
5. crystals

Face and body

1. skin analysis
2. body analysis
3. skin and skin care product advice
4. dermabrasion treatment

Glossary

Absolute contraindication

An absolute contraindication is a condition that prevents the service from being carried out and may require referral.

Adverse reaction

An adverse reaction is an 'unexpected' reaction or outcome following a service, i.e. fainting

Anatomy and Physiology

How the skeletal, muscular, circulatory, lymphatic, respiratory, excretory, digestive, endocrine and nervous systems interact with each other and how they impact the individual, service and outcomes.

Body type classification

Body types are identified as endomorph, mesomorph and ectomorph classifications.

Contra action

A contra-action is an 'expected' reaction or outcome following a service, i.e. erythema

Evidence-based practice

Evidence-based practice is based on the best available, current, valid and relevant evidence.

First aid

First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.

Protocol

A protocol is a standard procedure to ensure best practice and compliance when providing services, i.e. follow manufacturer instructions.

Relative contraindication

A relative contraindication is a condition that requires an assessment of suitability for the service and/or if adaptations are required.

Sensitive skin condition

A genetic increased capillary reactivity and altered barrier function leading to inherent epidermal fragility.

Sensitised skin condition

A sensitised skin condition occurs due to environmental and lifestyle factors that either increase inflammatory cytokines and modulators or impair skin barrier.

Skin barrier function

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The renewable, biochemical barrier that shields our internal systems from environmental aggressors and pathogens, and helps prevent trans-epidermal water loss. Composed of cornified cells, natural moisturizing factors, barrier lipids and the skin microbiome.

Skin classification

Skin classification scales can be referred to as the Fitzpatrick scale, Lancer scale and phenotype and genotypes, Glogau scale, Rubins scale and Monks skin tone scale.

Skin priming programme

Skin priming programmes are a set of instructions the individual can do prior to the treatment to achieve the best results.

Links to other NOS

SKANSC1, SKANSC2, SKANSC3, SKANSC4, SKANSC5, SKANSC6, SKANSC7, SKANSC8, SKANSC9, SKANSC10, SKANSC11, SKANSC12, SKANSC13, SKANSC15, SKANSC16, SKANSC17, SKANSC18, SKANSC19, SKANSC20, SKANSC21, SKANSC22, SKANSC23, SKABS1, SKABS2

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