Dr. Des Fernandes' Pre- and Post- Plastic Surgery Protocol

1. Daily Products: Preparing The Skin For Surgery
   - **Home Care:** 3 scenarios
     - Recommend the Youth EssentiA C-Quence range: **Vita-Peptide CQ 1 and Antioxidant Defence Crème.** I always make them “climb” the vitamin A ladder. I start a few people, who are using retinoic acid (Retin-A, etc ), on Vita-Peptide CQ 2 and sometimes on 3, if I see that they do not have sensitive skin. They must always also use Antioxidant Defence Crème.
     - Retail on a **budget:** Not everyone can afford the YE range or use two products so, for these people, I suggest **Skin EssentiA** range starting from 1 and working to 5.
     - Retail in a **hurry:** If someone wants intensive medical skin needling as soon as possible, use the **A, C & E Oil** on their face. This rapidly brings the vitamin A levels up without the risk of a retinoid reaction. It does not, however, contain added antioxidants and peptides, so in the long run I am going to convert them to using the Youth EssentiA range.
   - **Professional:**
     - Recommend client to visit your skin care therapist for **weekly treatments** using galvanic and low frequency ultrasound with the **new Environ Sono DFP 312-peptide and vitamin A serum.** I generally recommend these treatments in courses of an absolute minimum of 6, but really 12 done in 6 weeks. We are seeing the results that make us proud. 24 treatments done in 24 weeks are better and 24 treatments done in 12 weeks are even better because it is faster. Patients do a treatment the day before surgery because I believe that swelling and bruising are less, probably from an enhanced lymphatic system. **Even 1 treatment done 24 hours before, will lessen swelling after the procedure.**
• If a patient has rough skin then besides urging them to use vitamin A etc, I also recommend a series of Environ Cool Peels if weather appropriate. Protocols depend on the time frame. For some patients I recommend, in addition to homecare and weekly facials, that at the same time they have a TCA or Lactic Acid Cool Peel once a week for about six weeks. In others where we are in a rush, then I personally do an ACM 2 peel for 20 minutes and ask the patient to do ACM1 for 10-15 minutes every day thereafter for one week. These cases are booked for surgery at about two week’s time so they spend the second week building up their skin for the surgery. Use ACM to help with a firmer appearance and TCA gel to retexturize. For a deeper peel, I will apply TCA gel and then ACM cream over.

2. How soon do you start pre-op and again post-op?

• **Pre-Op:** Many patients arrive using Environ. For skin needling, they do a minimum of 3 weeks pre-op and preferably 3 months.
  o For face-lifting, I ask them to apply the Environ wherever we are going to make an incision plus the rest of the face.
  o For breast surgery & abdominoplasties, I advise them to apply A, C & E Oil (+Derma-Lac) to the areas where the incisions will be made.
  o For liposuction, Body Profile with A, C & E Oil and Derma-Lac.
• **Post-Op:** Client begins the products as soon as possible after surgery.
  o For needling patients, I clean them with Sebuwash, apply ACM 1 (4 minutes), wash off, apply Apres-CIT peptide serum, and then give the rest to the client to use 2x/day until the serum is finished. If possible, we increase results by using galvanic and low frequency ultrasound with Apres-CIT immediately after surgery or next day. Once the Apres-CIT has absorbed into the skin, I apply the A, C & E Oil or whatever vitamin A+C Environ product they are using. I have done this since I began needling and have had no untoward effects besides a mild retinoid reaction from the increased vitamin A levels. Typically there is more swelling and over treatment with an electric needling device even though the roller goes deeper. I have tried electric, but returned to the roller. If you needle 1x/month, results are not cumulative, but by needling 2x/week or more, you are adding more TGB3. Instead of 100 each time, it goes from 100 to 200 to more than 300.
o For **facelifts:**

1. **Homecare:** I suggest they use Environ products as soon as the tapes are off. If they were on Youth EssentiA Vita-Peptide CQ before surgery, I would have them start using it again the next day. If sensitive, they can use Skin EssentiA Gel or A, C & E Oil. I allow the patient to sleep comfortably on their sides from the beginning with these tapes and a special face mask (holds the face tight – this is a soft material and there’s a rubber version in Japan). The tapes come off in about 24 hours but sometimes I leave them on for another day. Then they use the face-mask I designed at night, but many of the patients use it during the day when they are alone as well.

2. **Professional:** I also advise facelift patients to have treatments of vitamin A and C **within 24 hours of the surgery** or as soon as they feel comfortable. When I started galvanic and low frequency treatments 24 hours after face-lift surgery in 1994, edema seemed to fade faster and swelling improved quicker than usual. I am not sure about bruising because maybe the other things I do reduce it also (e.g. LED 630, Bioptron). In patients who feel sensitive, I use only the alginate mask and do galvanic. We use Treatment Gel or A+C Serum with Alginate Masque. The alginate is much more comfortable and makes the client happy. I do low frequency ultrasound up until ½ inch from the incision. I do subcuticular repair so there are no stitches and it is a closed wound. We have a post-op facility right next door where the patients go the next day after their facelifts or when I have removed the 3M micropore tapes used to protect their faces immediately after surgery. I recommend this treatment once per week for 6 weeks.

o **For incisions:** I apply the ACM1 or 2 to the incisions and scars for about 5 minutes or more until I see a very light frost. ACM helps to remove all scabs from the incisions, but if they are stuck, I don’t pull them off. I do this immediately after the surgery and then again the next day if the patient stays in the post-op facility; otherwise I see them the next day. I see the patient every 2 or 3 days for the first 2 weeks and repeat the ACM 1 or 2 every time I see the patient for the first 10-14 days and have the client apply Environ onto their scars. I see them in 3 weeks then 3 months then 6 months and then 1 year. I have done this for more than 20 years to make the most superior scars.
For breast scars, I use micropore tapes and ask the patient to apply the A, C & E Oil to the tape surface. This ensures constant nourishing with vitamin A and C to the scar area. Vitamin A stimulates TGFbeta-3 amongst others.

Because vitamin A may be used directly on wounds and the Environ products are made without the addition of any preservatives, colorants or perfumes, I can safely apply the products even onto open wounds and burns. While the declaration of ingredients includes preservatives, these are preservatives the manufacturers of the raw ingredients added to their product. We do not add preservatives but since we comply with COLIPA (European Cosmetic regulations), COLIPA requires declaration not only of the ingredients used but the ingredients in the ingredients. USA laws do not require this, otherwise you would see far more preservatives in other brands.

3. How much time off during the early recovery phase and what are you recommending they do instead? For scarless facelift surgery, the patient will be unhappy to be socially active for about a week or five days but they can use make-up immediately.

If you mean how much time off from using Environ, I recommend that they use it as soon as they feel comfortable. The surgery is a small interruption.