

Dermalux®  
OOOO

Flex MD

## TREATMENT PROTOCOL MANUAL

## Contents

<b>1. The Dermalux FlexMD</b>	<b>3</b>
<b>2. LED Phototherapy explained</b>	<b>3</b>
<b>3. Dermalux Wavelengths explained</b>	<b>4</b>
3.1 Blue Light 415nm Red	4
Indication Light 633nm Near	5
for use Infrared Light 830nm	5
<b>4. For Recommended Dermalux</b>	<b>6</b>
<b>FlexMD</b>	<b>6</b>
	7
<b>7. Treating Fitzpatrick skin types IV to VI</b>	<b>8</b>
<b>8. Combining Dermalux Flex MD with other treatments</b>	<b>8</b>
8.1 8.2 <del>Recommending</del> Dermalux Flex MD with topical skin	8
care products	8
Integrating Flex MD with other skin treatments	8
Post Procedure with Flex MD	9
<b>9.</b>	<b>10</b>
9.1 Topical skin care ingredient guidelines	11
<b>10. Dermalux Flex MD treatment times</b>	<b>11</b>
<b>11. Eye safety</b>	<b>12</b>
<b>12. Dermalux Flex MD Step by Step Protocol</b>	<b>13</b>
12.1 Dermalux Flex MD Indication Protocols	13
12.1.1 Indication Protocol: Skin Rejuvenation	13
12.1.2 Indication Protocol: Complexion	13
12.1.3 Indication Protocol: Dry Skin	13
12.1.4 Indication Protocol: Pigmentation (Photo-Damage)	1
12.1.5 Indication Protocol: Pigmentation	4
12.1.6 Indication Protocol: Mild to Moderate Acne	1
12.1.7 Indication Protocol: Moderate to Severe Acne	4
12.1.8 Indication Protocol: Redness (Vascular)	1
12.1.9 Indication Protocol: Redness (Skin Tone)	5
12.1.10 Indication Protocol: Sensitive Skin	1
12.1.11 Indication Protocol: Sensitive Skin (Problem Conditions)	5
12.1.12 Indication Protocol: Psoriasis	1
12.1.13 Indication Protocol: Wound Healing	6
12.1.14 Indication Protocol: Pain	1
<b>13. Dermalux Flex MD Combined Treatment Protocols</b>	<b>6</b>
<b>14. Recognising Photosensitivity</b>	<b>1</b>
<b>15. Adverse Event Reporting</b>	<b>1</b>
	7
	1
PL-038 (Rev.1.2)	8
	1
	8

## 1. The Dermalux Flex MD®

The Dermalux Flex MD is a medically CE certified device for the treatment of acne, psoriasis, wound healing and musculoskeletal pain. Cosmetic indications include skin rejuvenation, pigmentation, redness and sensitive skin conditions.

The Flex MD is an essential treatment for optimum skin health and wellbeing as part of a regular skin care routine. It is also recommended in combination with skin treatments to enhance and accelerate results.

Following a single Flex MD session, clients can expect immediate improvement in skin tone, hydration and luminosity whilst the beneficial light simultaneously stimulates deeper cell processes for longer lasting benefits in the skin. For sensitive skin conditions, the Flex MD offers relief from redness and irritation.

The Dermalux Flex MD is a LED Phototherapy device, it provides a non-invasive treatment that delivers clinically proven therapeutic light energy for rejuvenating and corrective benefits. Specific wavelengths are absorbed by the skin to stimulate cell renewal and collagen production, resolve problem skin conditions such as acne and redness and accelerate skin healing. It is a safe and pain-free treatment without downtime.

## 2. LED Phototherapy explained

Phototherapy, meaning 'Treatment with Light' is the application of low-level light energy to stimulate or regulate biological process with proven therapeutic effects. The mechanism of action is a natural response similar to that of plant photosynthesis through a process known as photobiomodulation.

LED Phototherapy is well evidenced for its regenerative and anti-inflammatory benefits without creating trauma making it safe and suitable for all skin types. The treatment involves exposing the skin to low levels of beneficial light energy from the visible and infrared part of the light spectrum.

Specific wavelengths interact with biological systems and activate key cell receptors which consequently trigger a transfer of light energy to cellular energy. Skin cells that are energised function better and can renew faster to promote youthful, healthy and radiant skin.

With a shift towards non-invasive treatments, LED Phototherapy offers a progressive alternative to more aggressive procedures which can carry a higher risk of adverse response, discomfort and downtime. LED energy delivered via spectrally pure wavelengths stimulate the skin's own repair mechanism, correct problem skin conditions and help to restore optimum skin function.

Successful treatment with LED Phototherapy is determined by delivering clinically proven wavelengths at an optimised intensity to maximise the light / chromophore interaction that allows for these specific cellular reactions to take place. A chromophore is a target in the skin that has unique light absorbing properties.

If the wavelength does not match the target chromophore then there will be no absorption and therefore no reaction and no result. Secondly, if the delivered optical power is too low then again there will be no reaction and no result.

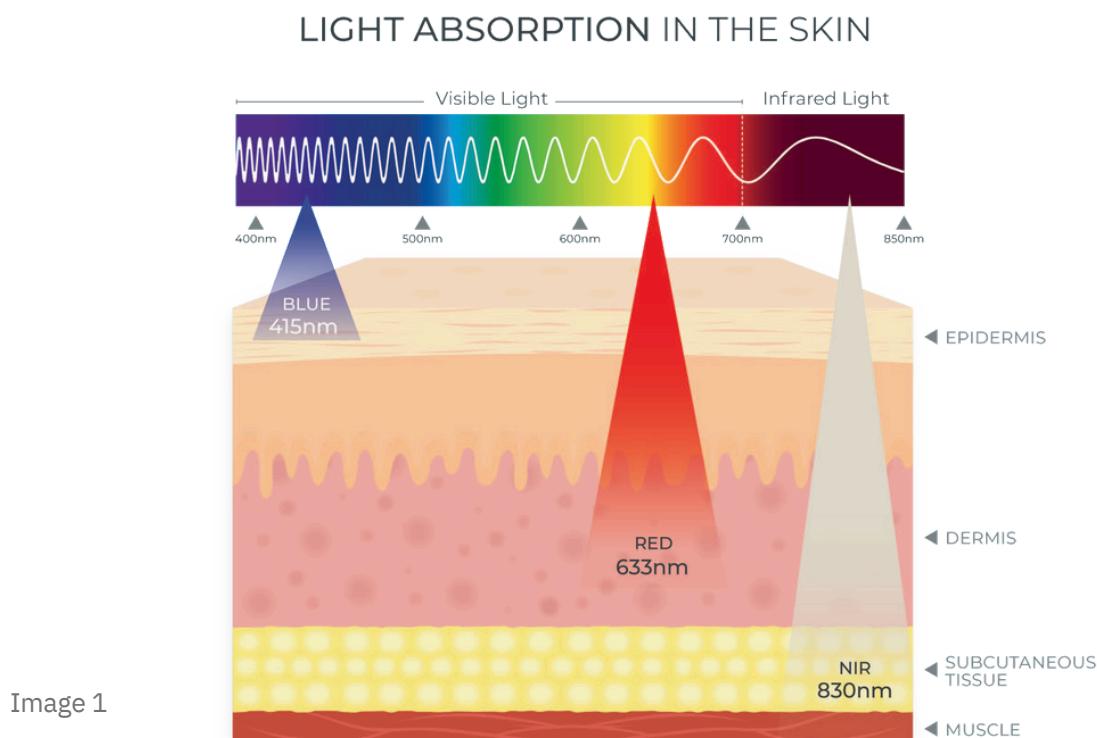
LED Phototherapy is now recognised as an essential modality for skin care practitioners and is well evidenced for the safe and effective treatment of a wide range of inflammatory and problematic skin conditions, accelerated wound healing and ageing skin indications.

### 3. Dermalux Wavelengths explained

The Dermalux Flex MD delivers Blue 415nm, Red 633nm and Near Infrared 830nm light energy which are the industry leading and most clinically evidenced wavelengths for LED Phototherapy treatment.

Each wavelength of light is absorbed by a different target chromophore to stimulate specific skin enhancing processes with proven therapeutic effects.

Dermalux enables these beneficial wavelengths to be delivered in single or multi-wavelength modes via seven protocol options, offering a tailored and adaptable treatment approach. Multi-wavelength treatments target a range of indications in one session for maximum skin enhancing results.



#### 3.1 Blue Light 415nm (penetration up to 1 mm)

##### KEY MECHANISM: ANTI-BACTERIAL

**Blemish fighting blue light destroys the bacteria which causes acne and helps in the prevention of breakouts.**

Blue light is absorbed by p.acnes bacteria and triggers a natural photochemical reaction releasing singlet oxygen. Singlet oxygen has a powerful antibacterial action to help eliminate spots whilst being gentle on the skin. It also helps to balance oil production and improve skin clarity.

Applied in combination with Red and Near Infrared light, the Dermalux Flex MD treatment offers enhanced results for acne and is excellent as a post treatment procedure to help minimise breakouts and reduce redness.

## 3.2 Red Light 633nm (penetration 2 to 3mm)

### KEY MECHANISM: REJUVENATION AND CELL RENEWAL

**Rejuvenating Red light accelerates cell renewal and repair, boosting collagen and elastin synthesis for smoother firmer skin.**

Red light is absorbed in the cell mitochondria and stimulates the synthesis of Adenosine Triphosphate (ATP), an essential energy source for cellular function. Supercharging our cells triggers a cascade of beneficial biological reactions which result in a range of skin enhancing effects. Skin cells that are energised, can function better and regenerate up to 200% faster.

Red light is potently absorbed by fibroblasts, increasing collagen and elastin synthesis and boosting hydration levels. Improved blood flow brings increased tissue oxygenation to accelerate repair whilst stimulation of the lymphatic systems helps with detoxification.

Red light offers immediate improvement in skin tone, hydration and vitality whilst the beneficial light simultaneously stimulates cellular processes for long lasting benefits in appearance and health of the skin.

## 3.3 Near Infrared Light 830nm (penetration 5 to 10mm)

### KEY MECHANISM: WOUND HEALING ACTION

**Near Infrared light is absorbed in the skin's deepest layers and works synergistically with Red light for optimum rejuvenation results.**

Exposure to Near Infrared light at 830nm increases blood circulation bringing vital oxygen and nutrients to help modulate inflammation, accelerate wound healing, calm irritation and reduce redness.

Near Infrared light builds strength and integrity for compromised, environmentally damaged and sensitive skin conditions. It is also clinically effective in the treatment of hyperpigmentation.

Blue 415nm	Red 633nm	Near Infrared 830nm
Anti-bacterial action without irritation	Boosts collagen and elastin production	Advanced skin rejuvenation benefits
Helps acne and blemish prone skin	Reduces fine lines	Calms redness and irritation
Improves skin clarity	Improves skin texture and tone	Reduces pigmentation
Anti-inflammatory effects	Increases natural hydration	Stimulates vascular repair
Improves psoriasis	Stimulates circulation and lymphatic system	Accelerates wound healing
Post procedure to minimise breakouts and infection	Restores optimum cell function	Ideal for the most sensitive skins

Table 1

## 4. Indications for use

The Dermalux Flex MD is effective in the treatment and management of a wide range of cosmetic and medical skin indications as part of an overall skin care protocol.

Indications for use include but are not limited to the following conditions.

- Skin Rejuvenation
- Complexion
- Dry Skin
- Pigmentation: Photo-damage
- Pigmentation
- Acne: Mild to Moderate
- Acne: Moderate to Severe
- Redness: Vascular
- Redness: Skin Tone
- Sensitive Skin
- Sensitive Skin: Problem conditions
- Psoriasis
- Wound Healing
- Pain

Table 2

## 5. Client consent

We strongly recommend that all clients complete and sign the Dermalux Consent Form and disclose any medical conditions, medication or circumstances which may contraindicate the Dermalux Flex MD treatment at this current time.

Please refer to the Dermalux Consultation Guide (PL-011) for a list of contraindicated medication and conditions and a guide to the precautions for the Flex MD treatment. For repeat treatments, review the client's circumstances and medication for any changes since the previous Flex MD treatment. Ask the client to sign the Daily Consent form.

## 6. Recommending Dermalux Flex MD®

With the Dermalux Flex MD, treatment results are cumulative, and sessions taken in close succession are generally recommended.

The number of treatments required to achieve optimum results may be subject to a number of factors which should be discussed during the consultation to manage client expectations.

These include age, skin type, severity of indication, lifestyle factors and other procedures that may be included in the overall treatment programme.

**COURSE RECOMMENDATION:** 12 Flex MD treatments are generally recommended for all indications at a frequency of 2 sessions per week. Clients should be reviewed at the end of the course to assess progress and further treatments may then be advised as required.

**TREATMENT FREQUENCY:** A 24-hour time period between treatments is generally recommended for inflammatory conditions such as acne, redness and sensitive skin, however for general skin rejuvenation, treatments can be taken in daily succession.

**COURSE FREQUENCY:** Due to cell activation, results can last for several weeks following a course of Dermalux treatments. However, regular maintenance treatments are advised to extend your clients' results as part of an on-going skin health programme.

**Dermalux Flex MD can be recommended in 3 ways: Activate, Boost and Combine.**



### ACTIVATE

Intensive skin activation programme. 12 treatments recommended 2 to 3 times per week for optimum results. Once completed recommend regular maintenance treatments.



### BOOST

Individual treatments or short booster course of 3 sessions to revitalise and restore vitality or calm irritation. Recommend as a boost before a special event.



### COMBINE

Integrated or post treatment application to enhance and accelerate results.

## 7. Treating Fitzpatrick Skin Types IV to VI

Due to naturally higher levels of melanin in darker skin types, additional LED treatments may be required for optimum results. However, initially it is recommended to follow the recommended treatment protocols and review throughout the treatment programme.

## 8. Combining Dermalux Flex MD® with other Treatments

Dermalux Flex MD offers a wide range of applications and easily integrates with other procedures to enhance treatment results, accelerate skin healing and minimise downtime.

### 8.1 Pre-Treat with Flex MD

Good skin preparation is essential to ensure the successful outcome with more severe indications and invasive procedures; to help minimise the risk of adverse effects such as post inflammatory pigmentation, scarring, bacterial infection and slow healing.

Using Dermalux to prepare and condition the skin pre-treatment has been shown to build strength and immunity of the skin and also ensure that cells are fuelled with a ready supply of energy (ATP) to enable the regeneration process to be accelerated.



For optimum results, advise 4 Flex MD treatments; 2 sessions per week prior to an invasive procedure to enhance overall treatment results and reduce post procedure downtime.

### 8.2 Integrating Flex MD with other skin treatments

Dermalux can be combined with a wide range of procedures including skin peels, microdermabrasion, skin needling, mesotherapy, PRP, Radio Frequency, Laser/IPL and injectable treatments. It will also enhance the results of more traditional facial treatments.

It is particularly effective with resurfacing procedures where superficial layers of the stratum corneum are removed. Dead skin cells create an uneven surface which increases the reflection of light. Creating a smooth and more homogenous surface allows light to pass through the protective barrier of the epidermis.

### 8.3 Post Procedure with Flex MD

Applying Dermalux as a post treatment solution is proven to calm redness and irritation, relieve discomfort, minimise the risk of infection, improve bruise resolution and reduce downtime.



In most cases Dermalux is applied immediately after another treatment however, caution should be taken with skin peels that are not neutralized. In this case, **DO NOT APPLY** Dermalux immediately post treatment and wait at least 24 hours.

## 9. Dermalux Flex MD® with topical skin care products

Certain topical products may be applied to the skin prior to the Dermalux Flex MD treatment as part of bespoke protocol.

For best results, apply topicals that can be readily absorbed by the skin such as a water-based serums and low viscosity gels.

Opaque creams, oil based products and cream/clay based masks will create a barrier and inhibit the penetration of beneficial light into the skin and potentially diminish results.

**Applying topical products to the skin prior to the Dermalux treatment offers a number of key benefits:**

- Near Infrared 830nm can enhance cell permeability which aids product penetration whilst Red 633nm is proven to increase cell metabolism which can accelerate activation of ingredients.
- The skin is not totally smooth and dead skin cells create an uneven surface which increases the reflection of light. Topical serums help to create a more homogenous skin surface that allows for more even and enhanced light absorption.



Prior to application of a topical serum in conjunction with the Flex MD treatment, please read and follow the ingredient guidelines on the following page to avoid the risk of an adverse response or photosensitive reaction.

## 9.1 Topical skin care ingredient guidelines

**P**

**BENEFICIAL:** These ingredients are safe to apply on the skin prior to and during the Flex MD treatment.



**WITH CAUTION:** These ingredients may be used in low concentrations in conjunction with the Flex MD treatment, but the skin response should be monitored. DO NOT USE with sensitive and reactive skin types.



**AVOID:** Do not apply topical products that contain these ingredients during the Flex MD treatment. However, they may be used post treatment. Skin peels may be used directly before the Flex MD treatment as long as they are neutralised in advance.

**P**



<b>BENEFICIAL</b>	<b>WITH CAUTION</b>	<b>AVOID</b>
Hyaluronic Acid	Vitamin A	Glycolic Acid
Peptides	Vitamin C	Salicylic Acid
Stem Cells	Vitamin E	Benzoyl Peroxide
Growth Factors	Lactic Acid	Kojic Acid
Beta Glucan	Mandelic Acid	Retinol
Niacinamide		Hydroquinone
		Titanium Dioxide
		Zinc Oxide

Table 4

---

## 10. Dermalux Flex MD® Treatment times

**For optimum results, the Flex MD treatments are pre-set to a 30 minute duration and can be manually adjusted as required.**

As a combination protocol where the skin has been activated by another procedure, the recommended treatment time is 20 minutes. This is selected manually on the Flex MD controller by stopping the time after a 20 minute duration.

For all Body treatments where the Flex MD canopy is in close proximity to the skin, the recommended treatment time is 20 minutes. This is selected manually on the Flex MD controller by stopping the time after a 20 minute duration.

## 11. Eye Safety

**It is recommended that the supplied eye protector goggles should be worn by the client for all Flex MD protocols and for the duration of the LED treatment.**

When fitting the goggles, ensure that the pupils are protected from direct illumination. For additional safety, the client should be instructed to close their eyes.

For clients who are highly sensitive to the LED light, gauze or cotton pads may be placed over the direct eye area under the goggles for additional protection.

It is safe to wear contact lenses during treatment.

## 12. Dermalux Flex MD® Step by Step Protocol

Prior to treatment, ensure that the client has signed the Dermalux Consent Form or the Daily Consent Form for repeat treatments. Ask the client to remove any oversize jewellery from the face or neck area.

We strongly advise to take Before and After photographs to record client progress with the Dermalux Flex MD treatment (based on a course of 12 sessions as follows): prior to the first treatment, immediately prior to treatment 6, immediately prior to treatment 12 and one month after completion of the treatment course.

<b>STEP 1:</b> Cleanse	Cleanse with appropriate cleanser for skin type and indications. Ensure all traces of makeup and product residue are removed as this can inhibit light absorption.
<b>STEP 2:</b> Exfoliate	Exfoliate to remove superficial dead skin cells. Avoid this step for sensitive skin conditions. Exfoliation is not required if the Flex MD is being combined with another exfoliating/resurfacing procedure.
<b>STEP 3:</b> Correct	Correct (recommended optional step). Apply a treatment serum to the skin for additional skin conditioning benefits. Avoid this step for sensitive skin conditions.
<b>STEP 4:</b> Massage	Massage the serum into the skin for 1 to 2 minutes to stimulate blood flow.
<b>STEP 5:</b> Prepare	Prepare Flex MD for treatment application
<b>STEP 6:</b> Position	Apply eye wear (provided) to client. For additional comfort, the client should be instructed to close their eyes.
<b>STEP 7:</b> Eye Wear	Position Flex MD over treatment area.
<b>STEP 8:</b> Wavelength	Select the required wavelength protocol. Warn the client that the treatment is about to commence. Press Start to activate the Flex MD.
<b>STEP 9:</b> Assess	At the end of the treatment, remove the client goggles and assess the skin. Due to activation, the skin may appear slightly flushed immediately after the Flex MD treatment which is normal and transient.
<b>STEP 10:</b> Hydrate	Apply appropriate skin care products for the skin type and indication including an SPF (during daylight hours).

Table 5



**REMEMBER:** At the end of every treatment, complete the client treatment notes on the Dermalux Daily Consent Form.



**THE DERMALUX FLEX MD TREATMENT TIME IS 30 MINUTES.  
FOR ALL BODY TREATMENTS WHERE THE FLEX MD CANOPY IS IN CLOSE PROXIMITY  
THE SKIN, REDUCE THE TREATMENT TIME TO 20 MINUTES.**

## 12.1 Dermalux Flex MD Indication Protocols

Please refer to the Dermalux Flex MD Treatment Protocol Chart (PL-030) for quick protocol reference.

### 12.1.1 Indication Protocol: Skin Rejuvenation

**INDICATIONS:** Fine lines, photo-damage, loss of elasticity, enlarged pores, uneven skin tone.

**TREATMENT AREA:** Face, Neck, Chest\* and Hands

**WAVELENGTHS:** Red 633nm, Near Infrared 830nm

**TREATMENT TIME:** 30 minutes (\*20 minutes)

**PROTOCOL:** Follow the Flex MD Step by Step Protocol

**IMMEDIATE POST TREATMENT SKIN:** The skin may feel warm to the touch and appear slightly flushed due to activation and increased circulation. This is a normal and transient response.

### 12.1.2 Indication Protocol: Complexion

**INDICATIONS:** Dull and sallow skin, dehydration, lack of radiance, puffiness

**TREATMENT AREA:** Face

**WAVELENGTHS:** Red 633nm, Near Infrared 830nm

**TREATMENT TIME:** 30 minutes

**PROTOCOL:** Follow the Flex MD Step by Step Protocol

**IMMEDIATE POST TREATMENT SKIN:** The skin may feel warm to the touch and appear slightly flushed due to activation and increased circulation. This is a normal and transient response.

### 12.1.3 Indication Protocol: Dry Skin

**INDICATIONS:** Dry and tight, flaky or rough skin texture, easily irritated, sensitivity and facial redness

**TREATMENT AREA:** Face

**WAVELENGTHS:** Near Infrared 830nm

**TREATMENT TIME:** 30 minutes

**PROTOCOL:** Follow the Flex MD Step by Step Protocol

**IMMEDIATE POST TREATMENT SKIN:** The skin should appear calm and less irritated. As NIR is working in the skin's deepest layers, minimal visible response is expected in the early stages



Depending on the severity of the skin condition, visible improvement may only be seen following 4 to 6 Dermalux treatments.

---

## 12.1.4 Indication Protocol: Pigmentation (Photo-Damage)

**INDICATIONS:** Photo-damage, sun-induced age spots, uneven skin tone

**TREATMENT AREA:** Face, Chest\* and Hands

**WAVELENGTHS:** Red 633nm, Near Infrared 830nm

**TREATMENT TIME:** 30 minutes (\*20 minutes)

**PROTOCOL:** Follow the Flex MD Step by Step Protocol

**IMMEDIATE POST TREATMENT SKIN:** The skin may feel warm to the touch and appear slightly flushed due to activation and increased circulation. This is a normal and transient response.

 Red light helps to modulate melanin synthesis to regulate excess melanin production. Stimulation of the cell metabolism will break down pigmentation over a course of treatment. Daily SPF application is essential to help in treatment progress.

## 12.1.5 Indication Protocol: Pigmentation

**INDICATIONS:** Hormonal pigmentation (melasma), discolouration due to medication or trauma, post inflammatory hyperpigmentation (PIH), photosensitive and phototoxic responses

**TREATMENT AREA:** Face

**WAVELENGTHS:** Red 633nm

**TREATMENT TIME:** 30 minutes

**PROTOCOL:** Follow the Flex MD Step by Step Protocol

**IMMEDIATE POST TREATMENT SKIN:** The skin may feel warm to the touch and appear slightly flushed due to activation and increased circulation. This is a normal and transient response.

 Red light helps to modulate melanin synthesis to regulate excess melanin production. Stimulation of the cell metabolism will break down pigmentation over a course of treatment. Daily SPF application is essential to help in treatment progress.

## 12.1.6 Indication Protocol: Mild to Moderate Acne

**INDICATIONS:** Spot prone skin, occasional blemishes, comedones, combination skin (oily T-zone)

**TREATMENT AREA:** Face, Chest\* and Back\*

**WAVELENGTHS:** Blue 415nm, Red 633nm, NIR 830nm

**TREATMENT TIME:** 30 minutes (\*20 minutes)

**PROTOCOL:** Follow the Flex MD Step by Step Protocol

**IMMEDIATE POST TREATMENT SKIN:** The skin may feel warm to the touch and appear slightly flushed due to activation and increased circulation. This is a normal and transient response.



There is a small risk that clients may see an increase in comedones (whiteheads and blackheads) during the treatment period. If so treatment should be combined with a topical anti-comedonal product for home use.

## 12.1.7 Indication Protocol: Moderate to Severe Acne

**INDICATIONS:** Persistent blemishes and breakouts, red and inflamed spots, facial redness, oily skin, visible pores

**TREATMENT AREA:** Face, Chest\* and Back\*

**WAVELENGTHS:** Blue 415nm, Near Infrared 830nm

**TREATMENT TIME:** 30 minutes (\*20 minutes)

**PROTOCOL:** Follow the Flex MD Step by Step Protocol

**IMMEDIATE POST TREATMENT SKIN:** The skin may feel warm to the touch and should appear calm and less irritated.



Depending on the severity of the skin condition, visible improvement may only be seen following 4 to 6 Dermalux treatments.

There is a small risk that clients may see an increase in comedones (whiteheads and blackheads) during the treatment period. If so treatment should be combined with a topical anti-comedonal product for home use.

## 12.1.8 Indication Protocol: Redness (Vascular)

**INDICATIONS:** Visible blood vessels, environmental damage, thin and vulnerable skin

**TREATMENT AREA:** Face

**WAVELENGTHS:** Red 633nm, Near Infrared 830nm

**TREATMENT TIME:** 30 minutes

**PROTOCOL:** Follow the Flex MD Step by Step Protocol

**IMMEDIATE POST TREATMENT SKIN:** The skin may feel warm to the touch and should appear calm and less irritated. Any increase in redness is due to activation and increased circulation. This is a normal and transient response. The skin should become less reactive over the course of the treatment.

 For severe and chronic cases, chose the Near Infrared 830nm wavelength treatment only for 6 sessions and then assess.

## 12.1.9 Indication Protocol: Redness (Skin Tone)

**INDICATIONS:** Persistent facial redness, flushing, diffused redness (rosy cheeks), visible capillaries.

**TREATMENT AREA:** Face Near Infrared 830nm 30 minutes Follow the Flex MD Step by

**WAVELENGTHS:** Step Protocol The skin should appear calm and less irritated. As NIR

**TREATMENT TIME:** is working in the

**PROTOCOL:** skin's deepest layers, minimal visible response is expected in the early stages.

**IMMEDIATE POST TREATMENT SKIN:**

 Depending on the severity of the skin condition, visible improvement may only be seen following 4 to 6 Dermalux treatments.

## 12.1.10 Indication Protocol: Sensitive Skin

**INDICATIONS:** Compromised skin, easily aggressed, blotchy redness, thin and vulnerable skin, visible capillaries

**TREATMENT AREA:** Face, Neck and Chest\* Near Infrared 830nm 30 minutes (\*20 minutes) Follow the Flex MD Step by Step Protocol The skin should

**WAVELENGTHS:** appear calm and less irritated. As NIR is working in the

**TREATMENT TIME:** skin's deepest layers, minimal visible response is expected in the early

**PROTOCOL:**

**IMMEDIATE POST TREATMENT SKIN:** stages.



Depending on the severity of the skin condition, visible improvement may only be seen following 4 to 6 Dermalux treatments.

## 12.1.11 Indication Protocol: Sensitive Skin (Problem Conditions)

**INDICATIONS:** General sensitive and aggressed skin conditions, dry, irritated and reactive skin, bacterial conditions

**TREATMENT AREA:** Face, Hands, Body\* and Scalp Blue 415nm, Near Infrared 830nm 30

**WAVELENGTHS:** minutes (\*20 minutes) Follow the Flex MD Step by Step Protocol The

**TREATMENT TIME:** skin should appear calm and less irritated. As NIR is working in the

**PROTOCOL:** skin's deepest layers, minimal visible response is expected in the early

**IMMEDIATE POST TREATMENT SKIN:** stages.



Depending on the severity of the skin condition, visible improvement may only be seen following 4 to 6 Dermalux treatments.

## 12.1.12 Indication Protocol: Psoriasis

**INDICATIONS:** Red, flaky and scaly patches, irritated and itchy sores, inflammatory lesions.

**TREATMENT AREA:** Face, Body\* and Scalp

**WAVELENGTHS:** Red 633nm, Near Infrared 830nm

**TREATMENT TIME:** 30 minutes (\*20 minutes)

**PROTOCOL:** Follow the Flex MD Step by Step Protocol

**IMMEDIATE POST TREATMENT SKIN:** The skin may feel warm to the touch and appear slightly flushed due to activation and increased circulation. This is a normal and transient response.

 Depending on the severity of the skin condition, visible improvement may only be seen following at least 4 to 6 Dermalux treatments. Treatments taken in close succession are strongly recommended, up to 4 sessions per week.

 With Psoriasis it is important to gently exfoliate the area to be treated. A build-up of dead skin cells can inhibit light absorption necessary to photo-activate the cells and stimulate the healing process. This can be done in the clinic or advised as part of the home protocol. An enzymatic exfoliator is ideal, as they do not cause irritation, however a basic granular exfoliator would be sufficient. A salicylic acid based topical cream or even Vaseline may also be recommended prior to light therapy to soften the plaques and remove scaling.

## 12.1.13 Indication Protocol: Wound Healing

**INDICATIONS:** Reactive indications, skin trauma, open wounds, burns, sunburn, red scars, post-surgery.

**TREATMENT AREA:** Face and Body

**WAVELENGTHS:** Red 633nm, Near Infrared 830nm

**TREATMENT TIME:** 20 minutes

**PROTOCOL:** Follow the Flex MD Step by Step Protocol

**IMMEDIATE POST TREATMENT SKIN:** The skin may feel warm to the touch and appear slightly flushed due to activation and increased circulation. This is a normal and transient response.

 Depending on the severity of the skin condition, visible improvement may only be seen following 4 to 6 Dermalux treatments.

For the treatment of open/slow healing wounds and bacterial infection, include the Blue 415nm with the Red 633nm and Near Infrared 830nm.

## 12.1.14 Indication Protocol: Pain

**INDICATIONS:** Musculoskeletal pain

**TREATMENT AREA:**

Body

**WAVELENGTHS:**

Red 633nm, Near Infrared 830nm

**TREATMENT TIME:**

20 minutes

**PROTOCOL:**

Follow the Flex MD Step by Step Protocol

**IMMEDIATE POST TREATMENT:**

Immediate reduction in pain is anticipated due to increase in blood circulation to the trauma site.



Follow Step 5 to Step 10 of the Flex MD Step by Step Protocol only. Client goggles do not need to be worn for treatments on the back or lower part of the body. They are still required for treatments on the chest area.



## DERMALUX FLEX MD TREATMENT PROTOCOLS



CONDITION	KEY INDICATIONS	DERMALUX PROTOCOL	TIME
		BLUE 415nm	RED 633nm
<b>FACE PROTOCOLS (NON CONTACT)</b>			
REJUVENATION	Fine lines and wrinkles, loss of elasticity, visible pores, dehydration, dull complexion		30 minutes
PIGMENTATION: Photo-damage	Hyperpigmentation, sun-induced age spots, uneven skin tone		30 minutes
PIGMENTATION	Hormonal, post-inflammatory hyperpigmentation (PIH), medication, photo-sensitivity		30 minutes
ACNE: Mild to Moderate	Acne prone skin, occasional and hormonal breakouts, combination skin (oily T-zone)		30 minutes
ACNE: Moderate to Severe	Persistent breakouts, red inflamed spots, facial redness, oily skin, visible pores		30 minutes
REDNESS	Persistent facial redness, flushing, visible capillaries		30 minutes
SENSITIVE SKIN	Compromised, irritated and reactive, redness, dry, thin fragile complexion		30 minutes
INFLAMMATORY CONDITIONS	Inflammatory and aggravated conditions, dry itchy skin, prone to infection		30 minutes
PSORIASIS	Red, flaky and scaly patches, irritated and itchy sores, inflammatory lesions		30 minutes
WOUND HEALING	Skin trauma, open wounds, burns, sunburn, red scars, post surgery		30 minutes
<b>BODY PROTOCOLS (DIRECT CONTACT)</b>			
REJUVENATION	Wrinkles, photo-damage, loss of elasticity, dehydration, uneven skin tone, poor circulation		20 minutes
ACNE	Acne prone skin, active acne		20 minutes
INFLAMMATORY CONDITIONS	Inflammatory and aggravated conditions, dry itchy skin, prone to infection		20 minutes
PSORIASIS	Red, flaky and scaly patches, irritated and itchy sores, inflammatory lesions		20 minutes
WOUND HEALING	Skin trauma, open wounds, burns, sunburn, red scars, post surgery		20 minutes
PAIN RELIEF	Muscular and joint pain		20 minutes
<b>RECOMMENDED USE</b>			
	ACTIVATE	Intensive skin activation programme. 12 treatments recommended 2 to 3 times per week	
	BOOST	Individual treatments or short booster courses of 3 sessions to revitalise or calm complexion	
	COMBINE	Integrated or post treatment application to enhance and accelerate results	

**⚠ THE USE OF THE FLEX MD HYGENIC COVER IS RECOMMENDED FOR ALL BODY TREATMENTS WHERE THE LED ARRAY IS IN DIRECT CONTACT WITH THE SKIN**

## 13. Dermalux Flex MD Combined Treatment Protocols



The Dermalux Flex MD may be safely applied immediately following most cosmetic, aesthetic, medical and surgical procedures. As a combination protocol, the Flex MD is proven to enhance and accelerate treatment results, reduce erythema, accelerate healing and bruise resolution and minimise the risk of an adverse response.

Prior to treatment, ensure that the client has signed the Dermalux Consent form or the Daily Consent Form for repeat treatments.

<b>STEP 1:</b> Combined Treatment	Carry out the chosen combined skin treatment following the recommended protocol.
<b>STEP 2:</b> Correct	Correct (optional step depending on combination treatment). Apply a treatment serum to the skin for additional skin conditioning benefits. Avoid this step for sensitive skin conditions.
<b>STEP 3:</b> Prepare	Prepare Flex MD for treatment application.
<b>STEP 4:</b> Position	Apply eye wear (goggles provided) to client. For additional comfort, the client should be instructed to close their eyes.
<b>STEP 5:</b> Activate	Position Flex MD over treatment area.
<b>STEP 6:</b> Assess	Select the required wavelength protocol for 20 minutes. Warn the client that the treatment is about to commence. Press Start to activate the Flex MD.
<b>STEP 7:</b> Moisturise And Protect	At the end of the treatment, remove the client goggles and assess the skin. Due to activation, the skin may appear slightly flushed immediately after the Flex MD treatment which is normal and transient.
<b>STEP 8:</b> Hydrate	Apply appropriate skin care products for the skin type and indication including an SPF (during daylight hours).

Table 7



**REMEMBER:** At the end of every treatment, complete the client treatment notes on the Dermalux Daily Consent Form.



## DERMALUX FLEX MD COMBINED PROTOCOLS

COMBINED TREATMENT	DERMALUX PROTOCOL	TIME		
	BLUE 415nm	RED 633nm	NIR 830nm	
FACIAL TREATMENT: Rejuvenation	☀	☀	☀	20 minutes
FACIAL TREATMENT: Anti Bacterial	☀	☀	☀	20 minutes
FACIAL TREATMENT: Calming		☀	☀	20 minutes
RESURFACER / SKIN PEEL: Rejuvenation	☀	☀	☀	20 minutes
RESURFACER / SKIN PEEL: Anti Bacterial	☀	☀	☀	20 minutes
RESURFACER / SKIN PEEL: Calming		☀	☀	20 minutes
MICRO / HYDRA DERMABRASION: Rejuvenation	☀	☀	☀	20 minutes
MICRO / HYDRA DERMABRASION: Anti Bacterial	☀	☀	☀	20 minutes
SKIN NEEDLING	☀	☀	☀	20 minutes
MESOTHERAPY	☀	☀	☀	20 minutes
ELECTROLYSIS		☀	☀	20 minutes
MICROPIGMENTATION	☀	☀	☀	20 minutes
CRYOTHERAPY	☀	☀	☀	20 minutes
SKIN TIGHTENING / LIFTING	☀	☀	☀	20 minutes
LASER & IPL - Hair Removal		☀	☀	20 minutes
LASER & IPL - Pigmentation	☀			20 minutes
LASER & IPL - Vascular		☀	☀	20 minutes
LASER & IPL - Tattoo Removal		☀	☀	20 minutes
FRACTIONAL / ABLATIVE TREATMENTS		☀	☀	20 minutes
ANTI WRINKLE INJECTIONS	☀	☀	☀	20 minutes
FILLER TREATMENTS		☀	☀	20 minutes
POST SURGICAL PROCEDURES		☀	☀	20 minutes
BODY APPLICATION: Rejuvenation	☀	☀	☀	15 minutes
BODY APPLICATION: Anti Bacterial	☀	☀	☀	15 minutes
BODY APPLICATION: Calming		☀	☀	15 minutes



For combination application, apply the Flex MD immediately post treatment. For certain sensitive and chronic indications or in combination with more aggressive procedures, pre treatment with the Flex MD is recommended to prepare the skin. Additional post treatment application may also be recommended.



THE USE OF THE FLEX MD HYGENIC COVER IS RECOMMENDED FOR ALL BODY TREATMENTS WHERE THE LED ARRAY IS IN DIRECT CONTACT WITH THE SKIN

## 14. Recognising Photosensitivity

### What is Photosensitivity?

Photosensitivity is a condition characterised by increased sensitivity to normal amounts of light. It refers to the development of a skin reaction as a result of the combined effects of light and certain medications (oral and topical), hormonal changes, trauma or chemical causes. General symptoms present as an erythema reaction similar to sunburn.

Exposure to either a chemical or the light alone is not sufficient to induce a photosensitive reaction. When photo-activation of a chemical occurs, a phototoxic or photoallergic reaction may arise.

### What is the difference between a Phototoxic and Photoallergic reaction?

#### Phototoxic reactions

Medication becomes activated by exposure to sunlight and causes an acute response often resembling sunburn. UVA is most commonly associated with phototoxicity however UVB and visible light may also contribute to this reaction (this is rare but explains why caution and close monitoring should be adhered to). Any rash is usually contained to areas exposed to the light. The reaction is transient and will cease once the medication has been discontinued and is eliminated from the body.

Symptoms of phototoxic reaction include an initial burning or stinging sensation followed by redness and inflammation. In severe cases blisters may form. The rash normally dries and flakes off within a few days. Hyperpigmentation may occur in phototoxic reactions if continual high doses of the medication and long-term exposure to sunlight continue.

#### Photoallergic reactions

UV exposure changes the structure of the medication so that it becomes detrimental to the immune system. This initiates an allergic response and causes inflammation of the skin in light exposed areas. The rash is generally chronic in nature and this type of photosensitivity may reoccur following sun exposure, even after the medication has been eliminated from the body.

Symptoms of photoallergic reaction include initial itching followed by redness, swelling and possible eruption of the area. This is an allergic reaction; there may be no symptoms initially when the medication is taken for the first time. Once the body becomes sensitised, subsequent exposure to the chemical and the sun may cause a more rapid response, usually within 1 to 2 days.

## 15. Adverse Event Reporting

In the unlikely event of an adverse response to the Dermalux Flex MD® treatment, please report the issue to Aesthetic Technology Ltd or your local Dermalux representative as soon as possible. For further information, refer to the Dermalux Flex MD User Guide (PL-027).

---



Aesthetic Technology Ltd  
211 Europa Boulevard, Warrington, Cheshire. WA5 7TN  
United Kingdom

**Tel:** +44 (0) 845 689 1789  
**Email:** [info@dermaluxled.com](mailto:info@dermaluxled.com)

---