



**skintech**  
MEDICAL AND SKIN CLINIC

# About Us

At Skintech Medical we are dedicated to your skin health and we want your skin to reach its full potential, and help protect it against all of the harsh extrinsic factors that we subject it to each day.

We have many different treatment options available depending on your skin concerns. With the help of our trained professional skin dedicated nurses to guide you through appropriate treatment options, you will be able to take preventative and restorative actions to truly benefit your skin, now and in the future.

# OUR SERVICES

LASER / 4

MICRO-NEEDLING / 6

MICRODERMABRASION &  
SONOPHORESIS / 8

CLINICAL PEELS / 10

ACNE TREATMENTS / 12

ANTI-WRINKLE TREATMENT / 14

LED LOW LIGHT THERAPY / 16

PHOTODYNAMIC THERAPY / 18

ROSACEA / 20

# Laser

At Skintech Medical we currently use K-Laser Blue technology. This allows us to treat most skin lesions with precision and high-quality results. Utilizing three different wave lengths of light to interact with tissues at various levels within the skin, it allows specific targeting of skin concerns or problem areas. This cutting-edge laser enables us to treat many different skin conditions with accuracy, minimizing surrounding tissue disruption including the following concerns such as:

Benign pigmented lesions

Seborrheic Keratosis

Age/solar spots

Light & Dark Naevus

Warts

Spider veins & nose veins

Ruby angiomas

Telangiectasias

\*\* Please note that all blemishes undergo the necessary checks by our doctors prior to removal to ensure lesions are safe to be removed \*\*

Cosmetic mole removal is approached cautiously, carefully and requires a conversation and assessment with one of our Doctors prior to removal. All pigmented lesions are photographed through a dermatoscope prior to removal. Photo tracking and monitoring of moles may be required for a period to ensure they are safe to remove with laser.

For the client wishing to renew their skin health, improve skin vitality and reduce the appearance of fine lines through collagen rebuilding, the K-Laser blue offers non-ablative fractional resurfacing. Resurfacing treatments can focus on small areas of ageing concerns or can be applied as full-face treatments. As a guide, it is suggested that most clients would benefit from a minimum of 4 treatments per area, approximately 8 weeks apart.

To discuss your treatment options and procedure costs you can book into a free no obligation nurse consult.

Your skin will feel sensitive and can look a little swollen or inflamed after treatment and can last for 48-72 hours post treatment, so it is suggested that you have minimal sun exposure for the following week. A guide to treatment areas is as follows:

- Full face
- Forehead
- Upper lip
- Crows feet
- Nasolabial folds
- Marionette lines
- Neck
- Decollatage'
- Hands



# Micro-needling

## Collagen Induction Therapy

Dermapen is an advancement in Micro-needling technology. It systematically creates micro-punctures in the skin inducing the body's natural process to repair the physical damage. This promotes intense renewal, repair and rejuvenation of the skin resulting in bright, tight and toned skin.

### What is Collagen?

Collagen is the most abundant protein in the body and it helps give structure to our skin. Collagen gives your skin strength. Collagen is the reason your skin is firm and plump.....or not! Unfortunately, by our mid 20's, natural collagen production starts to decline and with the added environmental and lifestyle stressors which may disintegrate collagen, our skin may begin to appear thin, wrinkly and saggy.

### What is Elastin?

Elastin is the stretchy protein found in the skin. It allows or helps our skin to resume its shape after stretching or contracting. Elastin is what helps our skin 'bounce' back after making a facial expression, it allows skin to be elastic, pliable and firm. Once elastin starts to decline (in puberty) the body does not do anything on its own to replenish it.

Collagen and Elastin go hand in hand when we talk about our skin's vitality. Both are created by fibroblasts in the dermis of the skin....bring in the Dermapen.

Micro-needling treatments work naturally from within the skin. A natural wound healing response results from micro channels which have been created in varying depths of the skin, thereby kick starting the production of collagen and elastin, two of the most important cellular structures to maintain the skins strength and firmness.

Micro-needling with Dermapen can help your skin repair and reduce imperfections, increase effectiveness of active ingredients applied at the time of treatment, improve barrier function, reduce pigmentation and improve the overall tone and texture of your skin.

Dermapen is great for improving fine lines, acne, skin texture, pigmentation and general skin rejuvenation and health. It is also beneficial for acne and surgical scarring and can improve the appearance of stretch marks.

These advanced microneedling techniques are minimally invasive and generally require no downtime. You may experience minor redness and irritation for a few days post procedure. It is a safe treatment for most skin types. Ideal results are achieved by having multiple sessions (generally 4 to 6 sessions, 6 to 8 weeks apart) with the occasional maintenance treatment. Backed up by great home care and good lifestyle choices, your skin can look and feel refreshed and more youthful.



# Microdermabrasion & Sonophoresis

Microdermabrasion is a professional grade, non-surgical, safe, gentle skin treatment that deeply exfoliates and removes the superficial layer of dry/dead skin cells to polish and stimulate new growth. Microdermabrasion removes impurities and resurfaces your skin.

## **How does Microdermabrasion work?**

Microdermabrasion removes dead skin cells and unclogs pores, to reveal a younger, fresh complexion using a gentle vacuum system and diamond tips. It requires no down time.

## **How does Sonophoresis work?**

Sonophoresis is a safe, gentle treatment that uses ultrasonic technology, warmth and motion energy to significantly increase the depth and absorption rate of active ingredients into the deeper layers of the skin where they will be most active and beneficial.



The skin's natural waterproofing barrier can often impede the absorption of active ingredients. The oil/water bi-layers in the stratum corneum act as a defence barrier that serve to protect the lower layers of the dermis. Sonophoresis works by using ultrasonic technology to relax this natural barrier by opening up the intracellular pathways to allow the active ingredients to be absorbed.

The result....Healthy, smooth, glowing skin with greater capabilities to absorb topical vitamin rich and hydrating serums.

Lasting results are only achieved by ongoing conditioning treatments to encourage cell renewal to promote healthy and glowing skin, exactly as we keep our bodies healthy with regular exercise.



# Clinical Peels

## Professional peels to strengthen + repair

Peels can significantly improve the appearance of skin imperfections such as, fine lines and wrinkles, irregular texture, dull and sallow skin, hyperpigmentation and acne. Basically, a chemical peel which uses enzymes and acids, provides a deeper exfoliation of the outer most layer of the skin, revealing a more youthful, fresher appearing skin.

### How can a chemical peel help my skin?

- Even skin texture and tone
- Revive dull looking skin
- Rejuvenate and brighten the skin
- Reduce the appearance of wrinkles and fine lines
- Soften and smooth the skin
- Reduce the effects of sun damage and eliminate/ reduce skin pigmentation
- Help to alleviate acne breakouts and reduce inflammation
- Stimulate the production of collagen, creating a plump, youthful appearing skin

At Skintech Medical, we use a range of professional strength peels so your skin can benefit from a blend of active vitamins, antioxidants, enzymes and carefully integrated AHA's and BHA's. Our trained practitioners will assess your skin type and condition and recommend a skin peel tailored for you to achieve the best possible results.

**Lactic Acid based Peel** - For dry, mature and sensitive skin types needing hydration.

**Glycolic based Peel** - For ageing concerns, mild photodamage and acne.

Sometimes a deeper Peel with powerful blends of Lactic, Salicylic and Glycolic acids will be beneficial.

Clinical Peels are offered as a sole treatment or used as an adjunct therapy for optimal results. Please see our Skintech Medical aesthetic menu for a more detailed outline of Clinical Peel options and pricing.

It is recommended that a specialised home skin care program be implemented to prep and accustom your skin two weeks prior to any of the Clinical Peels. This will ensure there is less likelihood of a reaction, but most importantly to help achieve optimal results.



# Acne Treatments

Acne is a skin disorder that affects a large percentage of young people and can continue or even develop in adults. Approximately 8 out of 10 people will have to deal with acne at some point in their life.

Acne is mainly caused by hormone action on sebaceous glands of the skin. Sometimes there is an excess production of oil in these glands which can build up leading to overgrowth and clogging of the pores. There is also a bacteria called *Propionibacterium acnes* (P.acnes) that grows deep within the pores, where it feeds on the sebum. Some individuals have an overgrowth of P. Acnes bacteria which can aggravate an immune response causing red, swollen bumps.....aka acne.

Depending on the severity, acne can be classified into forms. The common types of acne include:

## **Mild Acne**

**Whiteheads:** Appear as a small white lump under the surface of the skin.

**Blackheads:** Black in colour and form on the surface of the skin.

## **Moderate Acne**

**Papules:** Small pink lumps that can be painful when you touch them.

**Pustules:** Appear red at the base and are filled with pus.

## **Severe Acne**

**Nodules:** large, painful, solid pimples.

**Cysts:** Deep, painful, pus filled pimples that may cause scarring.

Common areas for acne to develop are the face, neck, back, chest and shoulders.

At Skintech we offer a range of treatments that will help improve and manage acne, depending upon the severity and complexity. Sometimes a combination of therapies will provide the best outcome for your acne concern. Our dedicated nurses will assess your skin every visit to monitor and guide you as your skin repairs and rebuilds. It is essential that you engage in a good home care program for your skin to get the best possible results.

At Skintech we utilise treatments such as Microdermabrasion, Micro-needling, Clinical Peels, LED Low Level Light Therapy (Blue) and ALA Photodynamic therapy.



# Anti-Wrinkle Treatment

## Anti-wrinkle injections

Facial lines and wrinkles are part of the natural ageing process. As our skin ages it tends to droop, develop wrinkles, lines and furrows. Changes are individual and can depend on genetic tendency, skin phototype, and exposure to environmental and lifestyle factors. Antiwrinkle injections are a non-surgical treatment commonly used for the treatment of these fine lines and wrinkles.

Whether you are looking at helping to prevent the formation of wrinkles or you want to 'iron out' some already formed creases, anti-wrinkle injections are an effective treatment.

Anti-wrinkle injections are muscle relaxants or neuromodulators derived from the bacteria *Clostridium Botulinum*, a natural and purified protein that is made from bacteria in a similar way that penicillin is made from mould. Anti-wrinkle injections are safe, and have been used in the medical and aesthetic industry for over 20+ years. They are approved for use by the Therapeutic Goods Administration (TGA) Australia.

At Skintech Medical, our experienced and trained practitioners will provide an honest, client focused consult to discuss your concerns and implement a personalised treatment plan tailored specifically for your needs and budget, to achieve beautiful aesthetic results.

Different areas of the face, and each individual will require a different number of units (a manufacturers measurement) to treat areas of concern effectively. During the consultation, your practitioner will provide you with an accurate quote that is tailored to your own specific needs.

Common areas for treatment are:

- Crows feet
- Frown line
- Forehead wrinkles
- Brow lift

So, if you're thinking that perhaps areas of your gorgeous self are looking a little tired and need a little smoothing, then anti-wrinkle injections may be just the thing to give you a little boost!



# LED Low Light Therapy

## Light up your skin

LED phototherapy is based on the principle that living cells can absorb and be influenced by light. The treatment has been long recognised for its stimulation, regeneration, and anti-inflammatory properties. Controlled levels of blue, red & near infra-red light work on different wavelengths to target specific cells. Due to the increased activity at a cellular level the natural healing mechanisms of the skin are energised and functioning better, which in turn encourages faster regeneration, leading to a younger, healthier, more radiant skin.

LED Light treatments provide advanced skin healing and stimulation to improve your skins texture, reduce skin breakouts and improve the overall functioning of skin cells to generate a healthy and more radiant skin. Different wavelengths of LED can be used to target various skin conditions. This non-invasive light therapy is perfect for rejuvenation, acne, inflammation, and rosacea. There is no downtime with LED light treatments, so you can resume usual activities immediately.



### **Red Light (635nm)**

- Reduces fine lines & wrinkles
- Increases collagen & elastin synthesis
- Improves complexion, texture & tone
- Stimulates circulation
- Accelerates wound healing
- Stimulates skin recovery

### **Blue Light (425nm)**

- Calms irritation associated with acne
- Targets acne causing bacteria
- Balances sebum production without drying the skin

### **Near Infra-Red (830nm)**

- Reduces inflammation
- Controls erythema, oedema and bruising
- Provides pain relief
- Wound healing acceleration post procedure

LED Light treatments can be stand alone treatments or as an extra or add on to other skin treatments. Please see our aesthetic treatment price list for options.



# Photodynamic Therapy

## ALA (Aminolevulinic Acid)

Photodynamic therapy is a treatment that uses light to activate photosensitising agents and destroy cancer cells or sun damaged skin . It can also be used to treat acne. It is considered to be an effective and safe treatment. It also has some cosmetic benefits.

### **For Non-melanoma skin cancers...**

Photodynamic therapy (PDT) is a medical treatment that utilises a photosensitising (light sensitive) topical medication, typically 5-aminolevulinic acid (ALA) combined with a light source to destroy abnormal cells. A specific wavelength of light is used to activate the photosensitising medication, and when applied it begins to react and destroy cancerous and / or precancerous cells.

At Skintech we use PDT treatments for Actinic Keratosis (dry, scaly patches of skin caused by damage from years of sun exposure, that if not treated could become cancerous), superficial Squamous Cell Carcinoma (otherwise known as IEC or Bowen's disease), small or thin Basal Cell Carcinoma (BCC).

Your Skintech doctor will discuss this option with you if suitable for your treatment plan. Please note that PDT is not suitable for all skin cancer treatments. The number of sessions will also depend on what condition is treated, and this will be discussed with your doctor prior to treatment commencing.

### **For Acne...**

PDT is also a safe and effective treatment for acne, particularly for those with moderate to severe acne that perhaps hasn't responded well to traditional topical treatments. PDT is thought to work against acne by shrinking the skin's oil glands. This can reduce the amount of oil within the pores, thereby reducing comedones. ALA-PDT may also help by killing the bacteria that cause acne breakouts, and normalise the shedding of dead skin cells within the follicle.

Minimal sun exposure for 2 weeks post treatment is advisable. There will be a period of time where the treated area will be red, sensitive to heat/sun, and peeling may occur, similar to a sunburn.

A series of three to five treatments is usually performed at two to four week intervals. The number of treatments will depend on the individual, degree of acne and response from previous treatments.



# Rosacea

Rosacea is a chronic cutaneous inflammatory disease that affects the facial skin. It can be characterized by erythema (inflammation), papules, telangiectasia (broken or dilated capillaries), oedema and pustules, or a combination of these. Most of the skin lesions associated with rosacea, generally occur on the face, such as the cheeks, forehead, chin, and nose. Patients can also suffer with facial flushing, stinging, pain or burning sensations.

There are many complex theories as to why some people can develop rosacea, but no one really knows the cause. Because the signs and symptoms of rosacea vary from one patient to another, treatment must be tailored for each individual case. In consultation with your doctor and nurse at Skintech, we can provide a specialised treatment plan to help bring your condition under control and reduce the signs and symptoms that are occurring with your skin.

## **Laser Treatment**

When appropriate, lasers may be used to reduce and remove visible blood vessels, and through resurfacing to rejuvenate and strengthen the skin network.

## **Micro-needling**

Micro-needling treatments work by stimulating collagen production in the dermal layer of your skin which in turn strengthens both the dermal & epidermal layers. This means that the skin is more resistant to the triggers that cause the redness and flushing associated with rosacea. Over time Dermapen treatments will also reduce the thick, rough, and bumpy texture that some forms of rosacea produce.

### **LED Low Level Light therapy**

LED phototherapy is a non-invasive treatment that targets various skin conditions including inflammation associated with rosacea. Red + Infrared light can be used for skin rejuvenation, tissue repair, reduce inflammation and improve healing.

### **Skin Care**

Skin care is an essential element to all skin health, but when you have rosacea, many skin care products and cosmetics can irritate your skin. While a gentle cleanser, moisturizer, and sun protection can help reduce the sensitive nature of your skin, you need to choose your skin care and makeup products carefully.

Rosacea skin needs to be protected from sun exposure and this can be a challenge, so try to look for sunscreens with Zinc oxide or Titanium dioxide (or both), no fragrance and delivery of UVA/UVB protection with SPF of 30 or higher. Avoid any skincare products that sting, burn or cause additional redness.

Talk to us about our range of cosmeceuticals that can help to protect and calm your skin.



## **Skintech**

Medical and Skin Clinic  
23 Mayfield Terrace  
Victor Harbor SA 5211

Telephone: (08) 7078 2267  
<https://skintechmedical.com.au>