

Clinical Approaches and
Procedures in Cosmetic Dermatology

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Bhertha Tamura *Editors*

Daily Routine in Cosmetic Dermatology

 Springer

Clinical Approaches and Procedures in Cosmetic Dermatology

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The series “Clinical Approach and Procedures in Cosmetic Dermatology” intends to be a practical guide in Cosmetic Dermatology. Procedures in cosmetic dermatology are very popular and useful in medicine, indicated to complement topical and oral treatments not only for photodamaged skin but also for other dermatosis such as acne, rosacea, scars, etc. Also, full-face treatments using peelings, lasers, fillers and toxins are increasingly being used, successfully substituting or postponing the need for plastic surgeries. Altogether, these techniques not only provide immediate results but also help patients to sustain long-term benefits, both preventing/treating dermatological diseases and maintaining a healthy and youthful skin. Throughout this series, different treatments in Cosmetic Dermatology will be discussed in detail covering the use of many pharmacological groups of cosmeceuticals, the new advances in nutraceuticals and emerging technologies and procedures.

More information about this series at <http://www.springer.com/series/13496>

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With 132 Figures and 46 Tables

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ISBN 978-3-319-12588-6 ISBN 978-3-319-12589-3 (eBook)
ISBN 978-3-319-12590-9 (print and electronic bundle)
DOI 10.1007/978-3-319-12589-3

Library of Congress Control Number: 2017938784

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Printed on acid-free paper

This Springer imprint is published by Springer Nature
The registered company is Springer International Publishing AG
The registered company address is: Gewerbestrasse 11, 6330 Cham, Switzerland

Foreword

When I received the invitation from Maria Claudia Almeida Issa, M.D., Ph.D., and Bhertha Tamura, M.D., Ph.D., to write one of the chapters of this marvelous book, I was very happy. Later, upon receiving the mission to write the prologue of this book whose editors, with numerous publications in the international scientific field of cosmetic dermatology, dignify the Brazilian dermatology left me extremely honored. In this book, some of the leading medical doctors and research scientists from Brazil and from all over the world present their professional experience in the cosmetic dermatology area.

Cosmetic dermatology is constantly evolving. Procedures for rejuvenating the skin are actively sought by people, nowadays. As dermatology grows as a specialty, an increasing proportion of dermatologists will become proficient in the delivery of different procedures. Even those who do not perform cosmetic procedures must be well versed in the details to be able to guide their patients.

Numerous major advances in the field of the cosmetic dermatology area, including botulinum toxin, soft tissue augmentation, chemical peels, cutaneous lasers, light source-based procedures, and the state of the art of dermatologic and cosmetic prescriptions, have been developed and enhanced by dermatologists.

This series of book begins by demonstrating skin histology and physiology of normal skin and discusses important topics as anamnesis, physical and psychological approach in cosmetic dermatology, topical and oral treatment, as well as procedures in cosmetic dermatology.

The series Clinical Approach and Procedures in Cosmetic Dermatology offers a wonderful and embracing text. It was a pleasure to contribute in this unique book with so many well-renowned authors.

This work project is a text certainly of inestimable value for those who wish to deepen their knowledge in the field of cosmetic dermatology.

Hoping that you will enjoy learning a lot from this book!

Mônica Manela Azulay

Preface

Nowadays, life expectation had increased and for a better quality of life, people are looking for beauty, aesthetics, and health. Dermatologists and plastic surgeons who work with cosmetic dermatology can help patients to maintain a healthy and youthful skin. Topical and oral treatments associated with full-face procedures using peeling, lasers, fillers, and toxins are increasingly being used, successfully substituting or postponing the need for plastic surgeries.

This series of book is very special among other ones already published as it encompasses all subjects related to this area of dermatology. All authors are experts in the field of cosmetic dermatology. Literature review and its correlation with authors' experience is a differential feature of this work.

This work had been divided into four volumes due to the breadth of the subjects, which cover skin anatomy and histopathology, physiology, patient's approaches, common cosmetic dermatosis, topical and oral treatments, and cosmetic procedures.

In *Daily Routine in Cosmetic Dermatology*, Prof. Maria Claudia Almeida Issa, Prof. Bhertha Tamura, and collaborators provide a complete summary of cosmetic dermatology. Here they describe with details the daily routine in this field, including careful approach of the cosmetic patients and the proper handling of topical and oral photoprotection, cosmeceuticals, and nutraceuticals. Classic and emerging procedures are also covered in this volume, but they are going to be deeply delineated in further volumes.

The *Clinical Approach and Procedures in Cosmetic Dermatology* was prepared to be a guide in cosmetic dermatology. It can be considered a complete encyclopedia in the field of cosmetic dermatology and, for this reason, it is extremely useful for those who already work with cosmetic dermatology as well as for beginners in this field. This is a new reference work project, and we are delighted to have you on board.

Maria Claudia Almeida Issa
Bhertha Tamura

Acknowledgments

When we were invited to write a book about cosmetic dermatology, we could not imagine the dimension of this work project.

After drawing the program content, we realized that a comprehensive handbook series in this field would be built. Nevertheless, it would not be possible without the efforts and experience of our invited partners. They deserve our acknowledgment and our deep appreciation.

To all collaborators, our very special thanks.

Contents

Part I Normal Skin	1
Skin Anatomy, Histology, and Physiology	3
Camila Sampaio Ribeiro, Fabiano Leal, and Thiago Jeunon	
Part II Daily Approach to Cosmetic Dermatology	15
Anamnesis and Physical Evaluation	17
Regina Casz Schechtman, Maria Luiza C. F. Santos Chiganer, and Angela Schwengber Gasparini	
Psychological Approach in Cosmetic Dermatology	23
David Ernesto Castillo, Katlein França, and Torello Lotti	
Evaluation and Classification of Aging	39
Daniel Dal’Asta Coimbra, Betina Stefanello de Oliveira, and Natalia Caballero Uribe	
Assessment of Skin Photoaging with Reflectance Confocal Microscopy	57
Patrícia M. B. G. Maia Campos, Máisa Oliveira de Melo, and Daiane Garcia Mercurio	
Approach in Photodamaged Skin, Melasma, Acne, and Rosacea	67
Sandra Maria Barbosa Durães, Rosa Rabello Fonseca, and Maria Claudia Almeida Issa	
Part III Photoprotection	101
Photoprotection: Concept, Classification, and Mechanism of Action	103
Luciana Paula Samorano and Vitor Manoel Silva Reis	
Chemical and Physical Sunscreens	113
Sergio Schalka, Flávia Naranjo Ravelli, Nicole Perim, and Rossana Vasconcelos	

Oral Photoprotection	123
Flávia Alvim Sant'Anna Addor, Humberto Ponzio, and Flávia Naranjo Ravelli	
Vitamin D and Photoprotection	131
Marcus Maia and Carolina Marçon	
Part IV Topical and Oral Treatments in Cosmetic Dermatology	145
Cleansers	147
Carmelia Matos Santiago Reis and Eugênio Reis-Filho	
Retinoids	157
David Rubem Azulay and Dâmia Leal Vendramini	
Hydroxy Acids	169
Ediléia Bagatin and Lilia Ramos dos Santos Guadanhim	
Vitamins and Other Antioxidants	181
Mônica Manela-Azulay, Vitória Azulay, Felipe Aguinaga, and Maria Claudia Almeida Issa	
Antiglicants	195
Paulo Notaroberto	
Cosmeceutical Ingredients: Botanical and Nonbotanical Sources	203
Renan Lage, Cíntia Mendes, Beatrice Martinez Zugaib Abdalla, Jack Arbiser, and Adilson Costa	
Nutraceuticals in Dermatology	225
Flávia Alvim Sant'Anna Addor and Flávia Naranjo Ravelli	
Issues Concerning Safety of Topical Cosmetics and Nutraceuticals	233
Paulo Notaroberto and Bhertha Tamura	
Part V Procedures in Cosmetic Dermatology	241
Chemical Peelings: Face	243
Maria Paulina Villarejo Kede and Luiza Soares Guedes	
Chemical Peelings: Body	255
Andréa Serra Rodrigues and Verena Miranda Cunha	
Physical Procedures	265
Mariana Boechat de Souza, Aline Fassini, and Maria Claudia Almeida Issa	
Lasers, Lights, and Related Technologies in Cosmetic Dermatology	273
Alvaro Boechat, Luis Torezan, and Nuno Osório	

Transepidermal Drug Delivery	319
Maria Claudia Almeida Issa, Gabriela Casabona, Paulo Santos Torreão, and Livia Roale	
Photodynamic Therapy	327
Maria Claudia Almeida Issa and Diego Cerqueira Alexandre	
Botulinum Toxins	339
Ada Regina Trindade de Almeida and Yanna Kelly Silva	
Fillers	353
Fabiana Braga França Wanick, Maria Claudia Almeida Issa, Ricardo Pontello, and Bherta Tamura	
Part VI Special Approaches in Cosmetic Dermatology	369
Cosmetic Approach for Men	371
Daniela Alves Pereira Antelo and Maria Claudia Almeida Issa	
Cosmetic Approach During Pregnancy	383
Luna Azulay-Abulafia and Eduardo de Oliveira Vieira	
Cosmetic Approach in Patients with Acne and Rosacea	391
Daniela Alves Pereira Antelo and Angela Leta da Costa Rocha	
Cosmetic Approach for Melasma	419
Ana Carolina Handel, Luciane Donida Bartoli Miot, and Hélio Amante Miot	
Cosmetic Approach for Healthy and Damaged Hair	433
Antonella Tosti, Alessandra Juliano, Leila David Bloch, and Miguel Canales	
Cosmetic Approach for Healthy and Damaged Nails	449
Robertha Nakamura and Renata Brandão Villa Verde	
Index	461

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Maria Claudia Almeida Issa is among the leading dermatologists in Brazil and Latin America, especially in what regards to cosmetic dermatology. Dr. Issa holds a Ph.D. in Dermatology from the Federal University of Rio de Janeiro (2008) and an M.Sc. in Dermatology from the Fluminense Federal University (1997). Dr. Issa is currently an Associate Professor within the Department of Clinical Medicine – Dermatology, at the Fluminense Federal University, Brazil. Her research focuses on photodynamic therapy, non-melanoma skin cancer, lasers, photoaging, and dermal remodeling. Finally, Dr. Issa has an extensive clinical experience in cosmetic dermatology, being registered as a dermatologist at the Brazilian Society of Dermatology since 1995 and member of the American Academy of Dermatology.



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