

Enhance appearance using micropigmentation treatment

VRQ

UV41304

Learner name:

Learner number:

J/503/1785





VTCT

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By signing this statement of unit achievement you are confirming that all learning outcomes, assessment criteria and range statements have been achieved under specified conditions and that the evidence gathered is authentic.

Unit code	Date achieved	Learner signature	Assessor initials	IQA signature (if sampled)

All assessors using this Record of Assessment book must complete this table. This is required for verification purposes.

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Enhance appearance using micropigmentation treatment

UV41304

The aim of this unit is to develop your knowledge, understanding and practical skills when using micropigmentation, a form of cosmetic tattooing to create make-up effects to enhance facial features. You will learn the skills involved in providing a thorough consultation with the client to formulate a specific course of treatment, tailored to suit individual client needs. You will prepare for and achieve a range of micropigmentation effects as well as providing the relevant aftercare.

Level

4

Credit value

12

GLH

75

Observation(s)

3

External Paper(s)

0



Enhance appearance using micropigmentation treatment

UV41304

Learning outcomes

On completion of this unit you will:

1. Be able to prepare for micropigmentation treatment
2. Be able to provide micropigmentation treatment
3. Understand how to prepare for micropigmentation treatment
4. Understand how to provide micropigmentation treatment
5. Understand how to provide aftercare advice for micropigmentation treatment
6. **Tutor/Assessor guidance**
You will be guided by your tutor/assessor on how to achieve learning outcomes and ranges in this unit. All outcomes and ranges must be achieved.
7. **External paper**
There is no external paper requirement for this unit.

Evidence requirements

1. **Environment**
Evidence for this unit must be gathered in a real or realistic working environment.
2. **Simulation**
Simulation is not allowed in this unit.
3. **Observation outcomes**
Competent performance of 'Observation' outcomes must be demonstrated to your assessor on **at least three occasions**.
4. **Range**
All ranges must be practically demonstrated or other forms of evidence produced to show they have been covered.
5. **Knowledge outcomes**
There must be evidence that you possess all the knowledge and understanding listed in the 'Knowledge' section of this unit. This evidence may include projects, assignments, case studies, reflective accounts, oral/written questioning and/or other forms of evidence.

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of observations required is indicated in the evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through oral questioning.

Your assessor will sign off an outcome when all criteria have been competently achieved in a single client service.

Achieving range

The range section indicates what must be covered. Ranges should be practically demonstrated as part of an observation. Where this is not possible other forms of evidence may be produced. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.

Maximum service times

There are no maximum service times that apply to this unit.

Learning outcome 1

Be able to prepare for micropigmentation treatment

You can:

- a. Prepare self, client and work area for micropigmentation treatment
- b. Use suitable consultation techniques to identify treatment objectives
- c. Carry out skin analysis and any relevant tests to identify any influencing factors
- d. Provide clear recommendations to the client based on outcomes of skin analysis
- e. Select products, tools and equipment to suit client treatment needs, skin type and conditions
- f. Select personal protective equipment that should be worn by client and self during micropigmentation treatment

*May be assessed through oral questioning.

Observation	1	2	3
Date achieved			
Criteria questioned orally			
Portfolio reference			
Assessor initials			
Learner signature			

Learning outcome 2

Be able to provide micropigmentation treatment

You can:

- a. Communicate and behave in a professional manner
- b. Follow health and safety working practices in line with organisational and legislative procedures
- c. Position self and client correctly throughout the treatment
- d. Use products, tools, equipment and techniques to suit client's treatment needs
- e. Adapt micropigmentation treatment to suit client needs and skin conditions
- f. Complete the treatment to the satisfaction of the client
- g. Record and evaluate the results of the treatment*
- h. Provide suitable aftercare advice

*May be assessed through oral questioning.

Observation	1	2	3
Date achieved			
Criteria questioned orally			
Portfolio reference			
Assessor initials			
Learner signature			

Observation range

You must practically demonstrate that you have:

Used all the consultation techniques	Portfolio reference
Questioning	
Visual	
Manual	
Written	

Carried out both types of sensitivity tests	Portfolio reference
Pigment	
Topical anaesthetic	

Met all the treatment objectives	Portfolio reference
Colouring	
Defining natural features	
Improving and shaping features	

Treated all the areas	Portfolio reference
Lip	
Eyebrows with existing hair	
Eyebrows without existing hair	
Eyelid	

Used both types of pigment	Portfolio reference
Organic	
Inorganic	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

You must practically demonstrate that you have:

Used a minimum of 3 types of needles	Portfolio reference
Flat	
Magnum	
Cluster	
Single point	
Sloped	

Used all the implantation techniques	Portfolio reference
Pointillism	
Strokes	
Shading	

Created all the make-up effects	Portfolio reference
Hair stroke eyebrows	
Powder eyebrows	
Lip liner	
Lip shading	
Eye liner	
Eyelash enhancement	

Provided all types of aftercare advice	Portfolio reference
Avoidance of activities and products that may cause contra-actions	
Possible treatment after effects and how to deal with them	
Future treatment needs	
Suitable home care products and their use	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below*:

- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies

Where possible your assessor will integrate knowledge outcomes into practical observations through oral questioning.

*This is not an exhaustive list.



Learning outcome 3

Understand how to prepare for micropigmentation treatment

You can:	Portfolio reference/ Assessor initials*
a. Explain salon requirements for preparing self, the client and work area for a micropigmentation treatment	
b. Explain the environmental conditions suitable for micropigmentation treatment	
c. Explain the different consultation techniques used to identify treatment objectives	
d. Explain the importance of carrying out a detailed skin analysis and relevant tests before micropigmentation treatment	
e. Explain how to select micropigmentation treatment to suit client skin types and conditions	
f. Identify the range of equipment used for micropigmentation treatment	
g. Explain the contra-indications that prevent or restrict micropigmentation treatment	
h. Explain different skin types, conditions, diseases and disorders which may affect the client receiving micropigmentation treatment	
i. Explain the structure and functions of the skin	
j. Explain the structure and function of the endocrine system and its effect on skin conditions which may affect the client receiving micropigmentation treatment	
k. Explain the structure and function of circulatory and lymphatic systems	
l. Explain the required legislation for micropigmentation treatment	
m. Explain the importance of compliance with regulations	

*Assessor initials to be inserted if orally questioned.

Learning outcome 4

Understand how to provide micropigmentation treatment

You can:	Portfolio reference/ Assessor initials*
a. Explain how to communicate and behave in a professional manner	
b. Explain health and safety working practices for micropigmentation treatments	
c. Explain the importance of positioning self and the client correctly throughout treatment	
d. Explain the importance of using products, tools, equipment and techniques to suit client's treatment needs, skin type and conditions	
e. Explain the importance of adapting working methods to different treatment areas	
f. Explain the consequences of inaccurate identification of client skin type/colouring according to Fitzpatrick scale	
g. Describe how treatments can be adapted to suit client treatment needs and skin conditions	
h. Explain the importance of understanding colour theory in relation to micropigmentation treatment	

*Assessor initials to be inserted if orally questioned.

Learning outcome 5

Understand how to provide aftercare advice for micropigmentation treatment

You can:	Portfolio reference/ Assessor initials*
a. Explain the contra-actions that may occur during and following micropigmentation treatments	
b. Explain the methods of evaluating the effectiveness of the treatment	
c. Summarise the aftercare advice that should be provided to prevent post-micropigmentation treatment damage	
d. Explain the effects and benefits of micropigmentation treatment on the skin and underlying tissues	
e. Explain the principles of skin healing in relation to micropigmentation treatment	
f. Explain how natural ageing, lifestyle and environmental factors affect the condition of the skin and underlying structures	

*Assessor initials to be inserted if orally questioned.

This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Learning outcome 1: Be able to prepare for micropigmentation treatment

Therapist preparation:

Industry requirements and codes of practice, clean and ironed professional uniform, safe footwear (no heels, closed in shoes), hair tied back away from the face, no jewellery, no nail polish or artificial nails, personal hygiene and cleanliness, oral hygiene, full use of personal protective equipment (PPE) to avoid cross-infection (face mask, gloves, plastic disposable gown, protective eyewear), disinfect hands throughout treatment.

Client preparation:

Client must be prepared in order to avoid cross-infection and pigment staining of clothing and hair, plastic cape, mop hat to be used throughout the treatment.

Consultation techniques:

Thorough consultation for a minimum of 15 minutes to discuss the client's expectations of the treatment, full consultation form with consent forms/disclosure form/medical history form to include physical and emotional conditions, doctor's consent form (if applicable), pre-care information to be discussed, aftercare advice and long term advice to be discussed, technician reference form with a list of contra-indications to the treatment, photo documentation, expectations, skin type classification, allergies, consultation procedure conducted in a supportive and sensitive manner, confidentiality, privacy, trust, checking the client's wellbeing, maintaining client's modesty throughout, encourage the client to ask questions, advise achievable outcomes of the treatment where client has unrealistic expectations of pigment choice, treatment.

Pre-treatment assessment:

Use assessment methods to clarify skin tone/pigment tone, refer to colour wheel for clarification, Fitzpatrick scale, clarify the skin type and any contra-indications which may restrict or prevent the treatment and those which require a GP letter, explain the physical sensation of the treatment to the client, discuss the outcome of the skin test (negative/positive), refer to consultation form for signature, discuss time/cost/frequency of the treatments/top-up procedures.

Use consultation techniques to identify treatment objectives:

Comply with data protection legislation, use of terminology for application of micropigmentation, communicate in a clear/polite/confident manner, give clear and appropriate advice and recommendations to client, allow time for client to ask questions, record all client responses on consultation form, follow the protocol for not naming specific contra-indications when encouraging client to seek medical advice, explain to the client what the treatment entails, identify any medical history/contra-indications/natural skin tone/skin conditions/emotional needs, encourage client with suspected contra-indications to seek medical advice without alarm or concern, clearly agree areas to be treated, client expectations and treatment objectives must all be recorded on a consultation form, discussion of colour pigment selection suitable for client's skin tone clearly explaining the colour changes both during and after procedure, explain cost/length of time/frequency/type of treatment needed.

Learning outcome 1: Be able to prepare for micropigmentation treatment (continued)

Communication techniques:

Verbal – consulting, speaking in a professional manner, respectful, tactful, supportive, using various open questions to move the discussion forward.

Non-verbal – open body language, good eye contact, listening, facial expressions, body posture, gestures, space (don't invade), tone of voice, pitch, volume.

Sensitivity tests:

Carry out sensitivity skin testing techniques following manufacturer's instructions.

Treatment age restrictions:

Clients must be over 18.

Skin analysis and any relevant tests to identify any influencing factors:

Cleanse skin, perform skin analysis using a magnifying lamp and check all areas of the face and neck to identify specific skin types, contra-indications, skin conditions, characteristics, skin tone, treatment plan, suitable treatment, suitable colours, skin analysis must also be conducted on the inner arm for the identification of warm/cool/neutral skin tones for correct colour application, refer to colour wheel, Fitzpatrick scale, various pigment colours for eyebrows/eyelids/lips, colour chart.

Skin types:

Normal, oily, dry, combination, sensitive.

Skin conditions:

Mature, dehydrated, congested, sun damaged.

Skin tone:

Warm, cool, neutral.

Interpret results of skin sensitivity tests:

Positive – red, itchy, irritated, swelling, painful, pustules.

Negative – no change to the skin.

Provide clear recommendations to the client based on outcomes of skin analysis:

Treatment process, discussion of colour/shape/design of the treatment/sensitivity testing for all micropigmentation products, discuss timing of the procedures, explain to the client what the treatment entails, identify the tone of the client (warm, neutral, cool), refer to colour wheel, Fitzpatrick scale, select needle suitable for the area, choose pigment colour in relation to client's colour tone, discuss shape/design, possible side effects/contra-actions/contra-indications present, pigment colour chart.

Products, tools and equipment to suit client treatment needs, skin types and conditions:

Machine, safety hand piece, soothing cleanser, toner, magnifying lamp, trolley, treatment bed, sharps bin, sharps box, sharps bags, selection of pigments, selection of needles, cotton wool, spatulas, aftercare products, pigment pots, cotton buds, bedroll, spray, protective eyewear, disinfectant, calipers, timer, PPE for client and therapist, consultation forms, pen, machine, machine protection, lip/brow pencil, camera, log/evidence sheet, barrier film must be used to protect machine, hand piece, cables, material data sheets, glycerin, alcohol, needle choice/configuration (3, 4, 5), various pigment colours for eyebrows/lips/eyelids, warm/cool/neutral.

PPE that should be worn by client and self during micropigmentation treatment:

Disposable gloves (non-latex), disposable masks, disposable aprons, protective eyewear, plastic capes for client and disposable mop hats, barrier film can be used to protect machine/hand piece/cables/magnifying lamp.

Learning outcome 2: Be able to provide micropigmentation treatment

Health and safety working practices in line with organisational and legislative procedures:

Management of health and safety at work – cleaning up spillages, report slippery surfaces, remove/report obstacles, good all round access to trolleys and equipment, sterilise or disinfect (tools, equipment, work surfaces), PPE.

Electricity at work – checking/visual check of equipment, no trailing wires, portable appliance testing (PAT).

Manual handling – moving stock, lifting, working heights, unpacking, posture, deportment, balance weight, preserve back, prevent slouching.

Towels – clean for every client, dirty towels in covered bin.

Liability insurance – employers', public, professional indemnity.

Reporting of injuries, diseases and dangerous occurrences regulations – accident book, reporting diseases, local by-laws, code of conduct, risk assessment.

Control of substances hazardous to health regulations – replace lids, ventilation for vapour and dust, avoid overexposure to chemicals, correct use of chemicals, follow storage/handling/use/disposal, correct disposal of contaminated waste in a closed-top bin, check end date on products, store packaging away from heat/damp/direct sunlight, relevant manufacturer's instructions, no smoking/eating/drinking.

Health and safety legislation:

Data protection, electricity at work, employers liability (compulsory insurance), fire precautions, first aid at work, health and safety at work, local government miscellaneous provisions, occupiers liability, local by-laws.

Regulations:

Control of substances hazardous to health, management of health and safety at work, manual handling, PPE, reporting of injuries, diseases and dangerous occurrences, workplace (health and welfare).

Hazards and risks:

A hazard is something that has the potential to cause harm, a risk is the likelihood of a hazard happening.

Employer responsibility:

Current and valid liability insurance, display health and safety rules covering staff/employees/clients, fire evacuation (provide regular training, accurate record keeping, monitoring).

Hazards:

Something with potential to cause harm, requiring immediate attention, level of responsibility, report, nominated personnel, duty to recognise/deal with hazards.

Equipment:

Only used for intended purpose, safe usage/handling/storage/cleaning/lifting/visual checks (worn, faulty), repairs, maintenance, portable appliance testing (PAT), correct disposal of contaminated waste, records.

Security (cash):

Staff training, point of sale, regular banking, in transit.

Security (people):

Staff, clients, visitors, children, personal belongings, systems (security, emergency evacuation), storage, client records, business information.

Learning outcome 2: Be able to provide micropigmentation treatment (continued)

Risk:

Likelihood of a hazard happening, risk assessment (determine the level of risk), preventative measures (reduce a potentially harmful situation), judgement of salon hazards (who, what, level of risk), interpret results, conclusions, record findings, regular reviews.

Reasons for risk assessment:

Staff/visitor/client health and safety, safe environment, minimising hazards and risks, requirement of legislation.

Hygiene:

General – sterilise and sanitise tools, disinfect work surfaces, cover cuts and abrasions, sanitise therapist's hands before and after treatments, sanitise with sprays and gels, clean towels between clients, dirty towels in covered bin, disposable towels, dispense products with a spatula/pump/spray, disposables used wherever possible, personal hygiene, no smoking, replace loose lids (uncapped bottles and pots).

Disinfection – heat or chemical methods, bactericides, fungicides, viricides, UV cabinet for storage only.

Disposal of waste:

Single use items, pedal bin with a liner, spillages and unused chemicals, contaminated waste, hazardous waste, environmental protection.

Therapist posture and deportment:

Correct posture when sitting/with lifting/when carrying, working methods to avoid repetitive strain injury (RSI), hand exercises, standing posture, even weight distribution, client comfort, maintain modesty, client correctly positioned to get maximum benefit from treatment, ensure therapist's positioning delivers appropriate techniques, appropriate space between client and therapist, optimum results, prevent injury, allow for visual checks.

Position self and client correctly throughout the treatment:

Ensure the positioning of the client and the therapist permits effective access which minimises risks to the therapist and avoids discomfort to the client, ensure position and posture is correct to avoid fatigue and risk of injury to yourself and client, ensure the trolley and bed are stable and at the correct height, ensure the hand piece is applied to the skin at the correct angle and pressure to avoid discomfort to the client.

Use products, tools, equipment and techniques to suit client's treatment needs:

Products/tools/equipment for the safe application of micropigmentation, soothing cleanser, toner, magnifying lamp, trolley, treatment bed, sharps bin, sharps box, sharps bags, selection of pigments, selection of needles, cotton wool, spatulas, aftercare products, pigment pots, cotton buds, bedroll, spray, protective eyewear, disinfectant, calipers, timer, PPE for client and therapist, consultation forms, pen, machine, machine protection, lip/brow pencil, camera, log/evidence sheet, barrier film must be used to protect machine, hand piece, cables, choices of pigments/warm/cool/neutral, needle sizes (3, 4, 5).

Learning outcome 2: Be able to provide micropigmentation treatment (continued)

Hygiene and infection control:

Knowledge of infection control, bacteria, virus, fungi, parasites, prevention of cross-contamination and disease transmission procedures, levels of infection control, personal immunisation (Hepatitis B), single use barrier consumables for protection against blood borne viruses (BBV) and MRSA.

Handling and storage of pigments:

Expiration dates, mixing, rehydration including alcohol, glycerin.

Treatment safety:

- Always patch test the client at least 48 hours before procedure for non-organic pigments and 6 week patch test for organic pigments.
- Never use organic pigments in the eye area.
- Always check the area for swelling, apply an even amount of light pressure.
- Always stretch the skin to aid a good pass of pigment into the skin.
- Always check the skin tone of the client and tone of the pigment to check against “pulling”, either too warm or too cool.
- NEVER reuse the needles or keep for the next treatment.
- Always dispose of the needles in a sharps bin.

Adapt micropigmentation treatment to suit client needs and skin conditions:

Correct identification of skin type and tone according to Fitzpatrick scale, use pigments mixing accordingly to work with the skin tone, colour wheel, treatment process, discussion of colour/shape/design of the treatment, sensitivity testing to all micropigmentation products, discuss timing of the procedures, explain to the client what the treatment entails, identify any medical history/contraindications/skin conditions/emotional needs, disclosure form, consent form, pre-procedure information, aftercare, long term advice, needle selection suitable for the area.

Complete the treatment to the satisfaction of the client:

Ensure bed and trolley are prepared and ready for the treatment, consultation has been thoroughly discussed and the therapist is happy to proceed, adhere to the appointment times, check the client’s wellbeing and give ongoing assurance where necessary, ensure client and therapist have appropriate PPE, ensure all jewellery has been removed from both client and therapist, assess the skin throughout the treatment to determine any reactions, discussion of colour/shape/design of the treatment.

Ensure the treatment is carried out within an acceptable time frame; recommended service times:

- 2 hours – eyebrows
- 1.5 hours – lip liner
- 2 hours – lip liner and blend
- 1 hour upper liner
- 1 hour lower liner
- 1 hour lash enhancement

Learning outcome 2: Be able to provide micropigmentation treatment (continued)

Record and evaluate the results of the treatment:

Treatment can only begin once a skin test and thorough consultation has been conducted, all consultation forms/consent forms/patch testing forms must be signed and dated, before and after pictures must be taken and details of the treatment recorded including colour chosen/needle size/skin type/skin tone/machine settings, skin response after the treatment must also be recorded, signature of both therapist/client must be completed throughout, any medical changes must be noted and signed, treatment should be monitored to determine pigment colour and adjustments that may be needed on next visit, timing must be noted with a start and finish time, any changes in the colour must be noted and recorded so the therapist can adapt the treatment if necessary, written and photographic evidence so the therapist can gain better results.

Note: Once you have achieved a satisfactory colour and shape you should advise the client they may need a colour refresher in about 18 months time.

Examples of possible contra-actions:

Excessive erythema, corneal abrasion, burning, migration of pigment, excessive discomfort, oedema, reactions leading to bruising, allergic reaction to treatment.

Aftercare advice:

Post procedure assessment – schedule follow-up appointment 4-6 weeks after the treatment to assess results.

Avoidance of activities which may cause contra-actions during the skin healing process

– UV exposure, saunas, swimming, do not use chemical/perfumed products/exfoliating agents/high factor sun cream, avoid blood donation for 6 months post treatment.

Implications of other treatments:

MRI scan, injectables, IPL/laser – understanding the effects of laser and light treatments on titanium dioxide (white pigment).

Learning outcome 3: Understand how to prepare for micropigmentation treatment

Salon requirements for preparing self, the client and work area for a micropigmentation treatment:

Legislation and regulations – health and safety, electricity at work, manual handling, reporting of injuries diseases and dangerous occurrences legislation, control of substances hazardous to health, regulations/hazards/risks (identification of these), hygiene, correct disposal of waste, local government legislation, local authorities specific powers to regulate businesses providing micropigmentation/semi-permanent tattooing treatments.

Record keeping – records are up to date/accurate/complete/legible/signed by the client, record keeping and documentation (client history form, informed consent form, photo documentation, aftercare instructions, procedure and expectations, skin typing and classification, contra-indications, allergies, recommended treatment intervals).

Disposal of waste – single use items, pedal bin with a liner, spillages and unused chemicals, contaminated waste, hazardous waste, environmental protection.

Posture and deportment – correct posture when sitting/with lifting/when carrying, working methods to avoid repetitive strain injury (RSI), hand exercises, standing posture, even weight distribution, client comfort (maintain modesty, client correctly positioned to get maximum benefit from treatment), ensure therapist positioning delivers appropriate techniques, appropriate space between client and therapist (prevent injury, optimum results, allow for visual checks).

Environmental conditions suitable for micropigmentation treatment:

Safety requirements according to local regulations, ventilation in treatment area, private treatment room/area, temperature, ambience, good lighting, washable floors/walls, clean and hygienic, no trailing wires, no obstructions, tools and equipment in a safe working position for beauty therapist.

Different consultation techniques used to identify treatment objectives:

Client requirements, client satisfaction, client expectations and aftercare, signatures, visual, manual, listen, client card reference.

Importance of carrying out a detailed skin analysis and relevant tests before micropigmentation treatment:

Client satisfaction, professional indemnity insurance, advanced practitioner registration, code of practice, carry out a patch test during the initial consultation and get client to sign patch test forms, consent forms, make accurate recommendations for the treatment, refer to skin tone using relevant teaching materials, colour wheel to identify skin tone of the client, understand the procedure and reasons for patch testing, record results on consultation form, the patch test must be conducted in a private treatment room following all health and safety procedures, carry out patch test for tactile and thermal safety tests (clients skin sensitivity to hot/cold/sharp/soft), discuss this with your client so the client can feel the difference between both tests, i.e. sharp and soft sensations, perform a visual check in the area to be treated looking for contra-indications, skin conditions, patch test and recognise skin reactions which could be associated with a positive patch test.

Learning outcome 3: Understand how to prepare for micropigmentation treatment (continued)

Select micropigmentation treatment to suit client skin type and conditions:

Identify client treatment needs through thorough consultation, check skin tone, check all areas of the face/neck to identify specific skin type, contra-indications, skin conditions/characteristics/skin tone, treatment plan (suitable treatment, suitable colours), skin analysis must also be conducted on the inner arm/inner eye, questioning for the identification of warm/cool/neutral skin tones for correct colour application and choice of colour (refer to colour wheel, Fitzpatrick scale), needles size, pigment colour, machine speed.

Range of equipment used for micropigmentation treatment:

Machine, safety hand piece, hand-held non-electric tools, soothing cleanser, toner, magnifying lamp, trolley, treatment bed, sharps bin, sharps box, sharps bags, selection of pigments, selection of needles, cotton wool, spatulas, aftercare products, pigment pots, cotton buds, bedroll, spray disinfectant, calipers, timer, PPE for client and therapist, consultation forms, pen, machine, machine protection, lip/eyebrow pencil, camera, log/evidence sheet, hydrators, material data sheets, barrier film can be used to protect machine, hand piece, cables, pigment colours (warm/cool/neutral), needle sizes (3, 4, 5).

Examples of contra-indications that require medical approval: Pregnancy, blood thinning medication (e.g. Warfarin), chemotherapy, circulatory disorders, inflamed and infected skin conditions and disorders, contagious diseases, moles in the treatment area, medication causing a thinning or inflammation of the skin (e.g. steroids, acutane, retinols), keloid scars, diagnosed scleroderma, pigmented naevi, recent dermabrasion, chemical peels, AHA's, heart disorders, hemophilia, HIV, hypertrophic scars, hepatitis, herpes simplex.

Examples of contra-indications that may restrict micropigmentation treatment:

Insulin-controlled diabetes, epilepsy, hyperpigmentation, injectables, facial surgery, allergies.

Structure and functions of the skin:

Epidermis – stratum germinativum, stratum spinosum, stratum granulosum, stratum lucidum, stratum corneum.

Dermis – blood/lymph supply, papillary layer, reticular layer, collagen, elastin, macrophages, adipocytes, mast cells, fibroblasts, hair, dermal papilla, sebaceous glands and sebum, arrector pili muscle, sweat glands (eccrine and apocrine), sensory nerve endings.

Hypodermis – subcutaneous layer, adipose tissue, adipocytes.

Functions of the skin – secretion, heat regulation, absorption, protection, elimination, sensation, vitamin D production, melanin production, understand the process of keratinisation.

Skin types:

Normal, oily, dry.

Skin conditions:

Mature, sensitive, dehydrated, congested.

Examples of skin imperfections:

Broken capillaries, pustules, papules milia, comedones, open pores, fine lines and wrinkles.

Skin characteristics:

Sensitive – often pale skins, dry, colour easily, redness, react to products.

Dehydrated – normal sebaceous secretions but still flaky, tight.

Mature – loss of elasticity, loose muscle tone, wrinkles.

Learning outcome 3: Understand how to prepare for micropigmentation treatment (continued)

Normal – fine texture, no visible pores, smooth, supple, flexible.

Oily – shiny, slight thickening, sallow, coarse texture, enlarged pores, congestion, comedones.

Combination – combination of two or more skin types, usually oily T-zone, normal or dry on cheeks.

Dry – lacks moisture, dry to touch, flakiness, fine texture, thin, tight, small pores, broken capillaries, ageing.

Structure and function of the endocrine system and its effect on skin conditions which may affect the client receiving micropigmentation treatment:

Functions of the endocrine system – hormone secretion into the bloodstream, maintenance of homeostasis, control of bodily functions (stimulation/inhibition of growth, induction/suppression of cell death, inhibition of immune system, regulation of metabolism, preparation for new activity, preparation for new phase in life, controlling reproductive cycle).

Location, structure and function – endocrine glands (hypothalamus, pituitary, pineal, thyroid, parathyroid, thymus, pancreas, adrenal, ovaries, testes), associated hormones and hormone actions (thyroid stimulating hormone, adrenocorticotrophic hormone, human growth hormone, follicle stimulating hormone, luteinising hormone, lactogenic hormone, antidiuretic hormone, oxytocin, melatonin, thyroxine T3, calcitonin, parathormone, insulin, glucagon, aldosterone, cortisone, testosterone, oestrogen, progesterone, adrenalin, noradrenaline), relationship of endocrine system with other body systems (nervous, circulatory, digestive, reproductive, integumentary), growth and repair.

Pathologies – causes, signs and symptoms (e.g. thyrotoxicosis, myxoedema, goitre, Addison's syndrome, Cushing's syndrome, diabetes mellitus, diabetes insipidus).

Effect of hormones on the skin:

Melanin stimulating hormone (MSH) – vitiligo, a form of hypopigmentation caused by the loss of pigment-producing cells in the skin (melanocytes). It is also linked to hyperthyroidism and Addison's disease.

Melasma (hormonal pigmentation) – due to hormonal changes, mainly in oestrogen levels during pregnancy or menopause.

Testosterone – affects sebum levels, acne.

Effect of thyroxin on the skin:

Too much thyroxin – warm, smooth, sweaty, flushed appearance to the skin.

Too little thyroxin – dry, coarse, thickening of skin, reduced ability to sweat.

Effect of loss of oestrogen on the skin:

Drying effect, loss of elasticity, less collagen production, reduction of the number of blood vessels, paler appearance.

Effect on client receiving micropigmentation treatment:

Pigmentation affects may alter treatment, endocrine pathologies may be contra-indicated.

Learning outcome 3: Understand how to prepare for micropigmentation treatment (continued)

Structure and function of circulatory and lymphatic systems:

Circulatory system:

Functions of blood – transport, regulation, protection.

Arteries – internal and external carotid, occipital, temporal, facial.

Veins – internal and external jugular, occipital, temporal, subclavian.

Blood composition – erythrocytes, leucocytes, thrombocytes, plasma.

Circulation – heart, pulmonary circulation, capillaries, systemic circulation.

Lymphatic system:

Functions of the lymphatic system – fluid distribution, fighting infection, transport of fat.

Functions of lymph nodes – filter toxins, clean lymphatic fluid, produce antibodies and antitoxins, produce lymphocytes.

Position of lymph nodes – occipital, mastoid, superficial cervical, deep cervical, parotid, buccal, submental, submandibular.

Legislation for micropigmentation treatment:

Amendment to the Local Government (Miscellaneous Provisions) Act 1982 by means of the Local Government Act 2003 (Section 120), to give local authorities specific powers to regulate businesses providing semi-permanent skin-colouring (e.g. micropigmentation, and temporary tattooing) and cosmetic piercing (body piercing and ear piercing), businesses are required to register with their district councils and follow by-laws on the cleanliness and hygiene of practitioners' premises and equipment to protect customers against the risk of infection, use of anaesthetics, cleaning, disinfection and waste disposal (Medicines Act and the Medicines (Sale and Supply) Miscellaneous Provisions and any subsequent legislations, The Tattooing of Minors Act).

Importance of compliance with regulations:

Legal requirement, insurance, civil actions and claims, professionalism, codes of practice, codes of ethics, protection of staff and clients, health, safety and welfare.

Learning outcome 4: Understand how to provide micropigmentation treatment

Please see **Learning Outcome 2** (Be able to provide micropigmentation) for unit content.

Learning outcome 5: Understand how to provide aftercare advice for micropigmentation treatment

Record and evaluate the results of the treatment:

Treatment can only begin once a skin test and thorough consultation has been conducted, all consultation forms/consent forms/patch testing forms must be signed and dated, before and after pictures must be taken and details of the treatment recorded including colour chosen and needle size, skin type/skin tone/settings of the machine, skin response after the treatment must also be recorded, signature of both therapist/client must be completed throughout, any medical changes must be noted and signed, treatment should be monitored to determine pigment colour and adjustments that may be needed on next visit, timing must be noted with a start and finish time, any changes in the colour must be noted and recorded so the therapist can adapt the treatment if necessary, written and photographic evidence recorded so the therapist can gain better results.

Note: Once you have achieved a satisfactory colour and shape you should advise the client they may need a colour refresher in about 18 months time.

Examples of possible contra-actions:

Excess erythema, corneal abrasion, burning, migration of pigment, excessive discomfort, oedema, reactions leading to bruising, allergic reaction to treatment.

Aftercare advice:

Post procedure assessment – schedule follow up appointment 4-6 weeks after the treatment to assess results.

Avoidance of activities which may cause contra-actions during the skin healing process

– UV exposure, saunas, swimming, do not use chemical/perfumed products/exfoliating agents/high factor sun cream. Avoid blood donation for 6 months post treatment.

Implications of other treatments:

MRI scan, injectables, IPL/laser –

understanding the effects of laser and light treatments on titanium dioxide (white pigment).

Intrinsic environmental effects on the skin:

Internal and natural causes – reduced

collagen and elastin production, slower rate skin renewal, poor desquamation, effect of hormones.

Extrinsic environmental effects on the skin:

External causes – sun exposure, facial

expressions, gravity, sleep, hydration, smoking, alcohol, diet and nutrition, chemicals, products.

Ageing process in cells and tissues:

Cellular changes – membrane-transport

changes, reduced fluidity, nuclear (faulty DNA, protein synthesis errors, reduced organelle manufacturing, membrane defects, cross linking, condensed chromatin, reduced mitosis), cytoplasmic (lipofuscin), ribosomal (reduced numbers), mitochondrial (reduced numbers, membrane disorganisation), lysosomal (reduced efficiency).

Tissues – reduced tissue mass (atrophy),

increased cell size (hypertrophy), increased cell numbers (hyperplasia), abnormal cell size, shape, reduced function (dysplasia), tumour formation (neoplasia), reduced mitosis, increased pigment (lipofuscin), increased lipids, reduced cell/tissue function, increased waste.

Learning outcome 5: Understand how to provide aftercare advice for micropigmentation treatment (continued)

Principles of skin healing:

Wound healing is a complex and dynamic process of restoration of skin cell structures and tissue layers.

Wound healing – bleeding generally follows a tissue injury via an incision. The cascade of vasoconstriction and coagulation begins with clotted blood immediately impregnating the wound, leading to hemostasis, and after dehydration a scab forms. An influx of inflammatory cells follow, with the release of cellular substances and mediators. Angiogenesis (growth of blood vessels) and re-epithelisation occurs and the deposition of new cellular and extra cellular components ensues.

Phases of skin healing:

Inflammatory phase – occurs immediately following the injury and lasts.

Fibroblastic phase – occurs at the termination of the inflammatory phase and can last up to 4 weeks.

Scar maturation phase – begins at the fourth week and can last for years.

Factors which interfere with wound healing:

Trauma (initial or repetitive), scalds and burns (both physical and chemical), animal bites or insect stings, pressure, vascular compromise, arterial, venous or mixed, immunodeficiency, malignancy, connective tissue disorders, nutritional deficiencies, psychosocial disorders, adverse effects of medications.

Notes

Use this area for notes and diagrams





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