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# Unit Specification

## UBT473 – Enhance appearance using dermaplaning techniques

Unit reference number: K/650/9921

**Level: 4**

**Credits: 3**

**Guided Learning Hours (GLH): 16**

### Overview

The aim of this unit is to develop the learners' knowledge, understanding and practical skills when using dermaplaning techniques to enhance appearance. It covers the skills involved in providing a thorough consultation to establish client suitability for treatment and the knowledge on how to formulate a specific treatment plan tailored to suit individual client needs. Learners will also develop the knowledge required to provide pre and post-treatment advice and post care to ensure the client receives the full benefit of the treatment.

### Learning outcomes

On completion of this unit, learners will:

LO1 Interpret the environmental and safety considerations to be considered when providing dermaplaning treatments

LO2 Comprehend the protocols and guidelines when providing dermaplaning treatments

LO3 Demonstrate how to consult, plan and prepare for dermaplaning treatment

LO4 Demonstrate how to provide dermaplaning treatment

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# Unit content

## LO1 Interpret the environmental and safety considerations to be considered when providing dermaplaning treatments

### Promoting environmental and sustainable working practices

#### Taught content

- Environmental working practices, to be effective and energy efficient heating and ventilation to meet relevant local and national workplace health and safety legislation, directives or regulations for client and employees
- Sustainable working practices – products with ingredients from sustainable sources and using sustainable packaging, efficient storage and waste disposal, record product usage

### Insurance guidelines

#### Taught content

- Insurance policy requirements to be met to ensure insurance is valid
- Requirements for skin testing prior to treatment (where appropriate)
- Legislative and indemnity requirements of gaining informed client consent and signature before every treatment
- Acquiring client consent to photographs (visual media images) before and after every treatment
- Providing verbal and written post-care information
- Professional indemnity/insurance cover appropriate to discipline and level

### Safety of product and equipment sourcing

#### Taught content

- Ensure dermaplaning equipment meets the regulatory requirements of the country they are being provided in and are purchased from a reliable and authentic supplier
- Understand how to gain verification of legality of products and equipment sourcing
- Ensure products used are those approved for cosmetic use by practitioner or the relevant legislation for the country it is being provided in
- The safety and legal reasons for using products that are licensed and meet national requirements and the outcome of using products which are not properly tested or contain banned substances
- Know the ethical methods of sourcing, purchasing and storing regulated treatment products including expiration dates
- The use of Material Safety Data Sheets (MSDS) in relation to dermaplaning treatments

## Suppliers' and manufacturers' instructions for safe use

### Taught content

- Follow manufacturers protocols for:
  - Test patch recommendations
  - Types of products appropriate for use during dermaplaning treatment preparation, performance, post care and aftercare application, for example, cleanser, skin antiseptic, serums, Sun Protection Factor
  - Follow guidelines on the storage, use and disposal of blades (as appropriate)
  - How to prepare, open, load and dispose of equipment in an aseptic manner
  - Methods of hygienic sterilise treatment application – working methodically, in a specified order, using the correct angle, pressure and techniques, adapting treatment to all areas. Observation of desirable and undesirable clinical end points, frequency of treatment, course of treatments, condition/areas suitable for treatment

## Working in line with organisational procedures

### Taught content

- Adhere to all supplier/manufacture protocols
- Adhere to responsible marketing guidelines
- The individual responsibilities of working within a multidiscipline team
- Responsibility of working within remit of qualification boundaries
- The role of clinical governance within the aesthetic industry
- The importance of Continuing Professional Development (CPD), training, education and career opportunities

## Hygiene considerations

### Taught content

- Set-up and work within a sterile field. Use of suitable sterilisation and sanitisation for equipment and surfaces. Use of appropriate PPE – single use items as appropriate, such as sterile disposable gloves (latex free), plastic aprons, protective facemasks. Additional single use equipment – disposable hair protectors, applicators, cotton wool, couch roll
- Hygienic preparation and storage of multi-use items, for example, clean laundered towels
- General hygiene – for example washing hands before and after treatment, sanitising hand gel
- Disinfectant or sterilisation – use of heat or chemical methods, bactericides, fungicides, UV cabinet for storage, use of sterile dressing packs
- Equipment – only used for intended purpose, safe usage/safe handling/storage/visual checks, correct disposal of contaminated equipment and waste products
- Correct opening, loading in an aseptic manner and disposal of dermaplaning scalpel
- Waste disposal – general and hazardous or contaminated treatment waste including local authority requirements
- 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 Methicillin-Resistant Staphylococcus Aureus (MRSA) Herpes Simplex

### Contra-indications that would prevent or restrict treatment

#### Taught content

- Prevent – allergy to surgical grade stainless steel, anti-coagulant medications, blood-borne diseases, contagious skin diseases, extremely sensitive skin, haemophilia, history of drugs with photosensitising potential, inflammations and swellings, isotretinoin, open wounds, recent scar tissue, rosacea, severe active acne, skin cancer and undiagnosed lumps
- Restrict – abrasions, active inflammatory dermatoses (such as psoriasis), anxiety, bruises, current medications, cuts, diabetes, epilation, epilepsy, herpes simplex, history of scarring, Intense Pulsed Light (IPL) or laser in the treatment area, large moles, long term anti-inflammatory use, piercings, poor mental and emotional state, prior cosmetic surgery, recent botulinum toxin injections or dermal fillers, recent dermabrasion or cosmetic skin peels, sensitive or excessively reactive skin types, supplements and herbal remedies, recent UV exposure and varicose veins

### Contra-indications requiring medical referral and referral processes

#### Taught content

- Contra-indications to dermaplaning requiring medical referral such as active acne, raised moles or lesions
- Skin cancer is an ever-prevalent issue. Areas of skin or moles that have uneven asymmetry, irregular, ragged or blurred borders, uneven patchy colour or an altered diameter to that previously noted, need to be identified and the client encouraged to go to their General Practitioner as a precaution
- Knowledge of organisation protocol for not naming or diagnosing specific suspected contra-indications when encouraging client to seek medical advice due to professional status, acknowledging the need for medical training to be able to diagnose without causing undue alarm. Refer in a discreet and empathetic manner

### When to consult with other aesthetic professionals

#### Taught content

- Recognise when additional information is needed from other clinicians involved with the client and ensure this can be obtained in compliance with confidentiality and consent guidance and in line with current data protection legislation
- Demonstrate an understanding of when to and how to request additional advice from other clinicians treating the client when applicable, in line with current data protection legislation

### Treatment of minors

#### Taught content

- The age at which an individual is classed as a minor and how this may differ nationally and internationally
- Why treatment should only be provided for clients over the age of 18

## Hazards and risks

### Taught content

- The principles of risk assessment and management
- Hazards and risks identification through risk assessment
- Putting procedures in place to ensure they are minimised:
  - Proper training for all staff
  - Protocols to follow during consultation
  - Written and verbal post-care for client
  - Adherence to suppliers'/manufacturers' guidelines
- Avoidance of sharps injuries, implications of blood-borne diseases, redness, swelling, weeping skin, milia, hyperpigmentation, cold sores, acne outbreak, viral infection, bacterial infection and scarring
- Risks associated with compromised tactile response in the treatment area post-surgery/trauma
- Risks associated with performing dermaplaning over atrophy, hypertrophic and keloid scarring

## LO2 Comprehend protocols and guidelines when providing Dermaplaning treatments

### Factors to consider and treatment planning

#### Taught content

- Identify client needs, expectations, anticipated costs, and treatment objectives. Agree realistic outcomes against client expectations, discuss potential risks relevant to dermaplaning
- Results from skin analysis classification and characteristics, identification and discussion of skin type including Fitzpatrick skin type, Glogau photo damage, skin conditions present, specific lesions or concerns to assist in choice of the appropriate treatment and to identify realistic treatment outcomes
- Previous skin treatment in salon – details of type of treatment, frequency, dates the treatments were received, to ensure enough time has passed for dermaplaning to be appropriate and to gain an insight into clients' approach to aesthetic treatments
- Satisfaction and results. Dissatisfaction could indicate body dysmorphia or client with unrealistic expectations. Protocols for how this should be managed
- Legal aspects of the responsibilities of the practitioner
- Pre and post treatment advice including possible contra-actions, healing process including likely or expected regrowth of hair in the area, recommended skin care/post care, diet and lifestyle advice/choices or restrictions that could negatively impact on the effects of treatment including current skincare regime and any revisions required and to ensure client is suitable for treatment
- Medical history and contra-indications that prevent or restrict treatment to ensure client is safe for treatment or if medical referral is required
- Frequency, duration and potential cost of treatments recommended to achieve treatment outcomes and maintain the effects of treatment including associated timeframes
- Treatment plan should be clearly agreed between the client and practitioner and recorded on the consultation documentation with client signing to indicate informed client consent

### Assessing skin characteristics

#### Taught content

- Assessed through questioning at consultation and observation of skin, importance of using skin diagnostic equipment, for example, Woods Lamp, light magnifier/glasses, skin scanner/diagnosis technology
- How to assess and recognise skin health characteristics – Fitzpatrick scale, Glogau photo damage, level of sensitivity, thickness/density of skin, epidermal thickness, healing capacity
- Recognition and understanding of skin analysis – surface hydration levels, pigmentation, photo/sun damage, vascular lesions, primary and secondary lesions, irregularities, skin texture (pore size), skin laxity, static and dynamic wrinkles, congestion/excessive oil, sensitivity
- How to assess hair growth and characteristics and identify suitability to treatment
- How to match the treatment to suit skin health characteristics, the Fitzpatrick classification scale and treatment objectives
- Reasons for choosing dermaplaning techniques to suit the variations in sensitivity, Fitzpatrick classification of the skin, hair present in the treatment area and treatment objectives

## Pre and post treatment advice to provide to the client

### Taught content

- Provide consultation to discuss outcomes and pre-treatment preparation
- Pre-treatment advice should include skin care preparation, the benefits of implementing a skin care routine to prepare the skin for treatment and maximise results. A 2-4 week skin preparation programme to be used at home to improve hydration, skin cell health, increase desquamation and general texture/condition of the skin. To improve healing capacity and tolerance of the dermaplaning treatment. The positive effects of Dermaplaning healthy skin in comparison to a compromised skin condition
- Topical skin care products, for example, vitamins, anti-oxidants, UV protection, AHA and BHA skin care programmes prior to treatment for all skin conditions and Fitzpatrick skin types to improve skin health and condition and minimise side effects after dermaplaning treatments, all products must be relevant to skin health/type/condition and Fitzpatrick skin type
- Active skin care of a high/professional strength concentration must be avoided for 3-5 days such as retinoids and products containing AHA's pre and post dermaplaning treatments. Low strength should be avoided for 48 hours post treatment
- Pre-treatment, clients should also be advised to avoid UV exposure and heat immediately prior to treatment, wear SPF minimum 30 and UVA broad spectrum protection daily
- Physical sensation – the client should not feel discomfort. Treatment sensation is a gentle scraping across the skin – some clients may feel slight sensitivity or discomfort from skin support and stretch. Post-treatment physical sensation – some clients may experience slight tenderness in the area treated, some may feel tight and dry, more mature or dry skin clients may experience flakiness and/or excessively dry or dehydrated skin
- Post treatment skincare products to replenish the skin barrier must be used for 3 days post treatment – Vitamin A, vitamin C, vitamin E, anti-oxidants, growth factors, peptides, copper peptides, bioflavonoids, iron, zinc and amino acids and their effects and importance in the role on collagen synthesis
- Possible contra-actions – what they are, why they appear and how long they may last and expected reactions including likely duration, how to manage complications/adverse reactions at home and when to refer to a medical practitioner
  - erythema, dryness, dehydration, flaking skin, scratching or grazing, bleeding or scabbing, moisturising/hydrating products, avoid excessive touching or picking the area, correct wound care if needed to minimise risk of infection, referral to medical practitioner if/when necessary
- Advice offered on alternative treatments if dermaplaning is found unsuitable; for example, superficial peels, microdermabrasion, epilation, waxing, threading, laser hair removal, IPL, epilation, waxing, threading

## Timing of treatments

### Taught content

- Identify and understand commercial timings for treatments. Recognise variations in timings depending on other modalities added to treat skin health/type characteristics/condition
- Basic dermaplaning treatment 30 minutes
- Double cleanse, skin antiseptic, Dermaplaning, serum, moisturiser, SPF
- Luxury dermaplaning treatment approximately 60 minutes as basic with additional products or electrical modalities depending on client needs and agreed treatment plan
- How timings vary when other electrical modalities may be added – for example, micro-current, radio frequency, iontophoresis, electroporation

## Pain threshold and sensitivity variations

### Taught content

- Understanding the inflammatory response of the skin
- Recognise skin health/types and areas of the face that are more sensitive, fragile and reactive to topical applications and treatment. Those that have more prominent and dilated dermal blood vessels which may contribute to an exaggerated inflammatory response
- Skin test performed during initial consultation after client has agreed and signed informed consent. Client must sign patch test form if separate from main consultation form
- Testing for potential allergic reaction or adverse response (inflammatory response) to cosmetic dermaplaning products. Clients with history of allergies or sensitivities have an increased risk of allergic reaction. Skin test site is located discreetly near the treatment area – behind the ear or inner side of forearm. Skin is prepared using the products that would be used in a dermaplaning treatment
- Evaluation of the skin test is made following timing recommended by supplier/manufacturer instructions. Recording of results to include whether the client can tell the difference in sensations. Record date, location of test, and products used, description of results, if the client is unable to identify the correct sensations a full description of response and product used
- When working over scar tissue understanding why fine tactile response may be compromised and how this may affect the ability to perform a dermaplaning treatment and how to adapt the treatment
- Dermaplaning to be performed when the client is able to correctly identify different thermal and tactile sensations. It is essential that the client has full tactile sensation
- Dermaplaning action can be performed on the client on the back of hand to reassure the client of the treatment if required
- Any change of cosmetic dermaplaning product or strength to be tested prior to use. Follow supplier/manufacturer instructions for recommended time between skin test and cosmetic dermaplaning application for each skin type and condition as they may vary

### Types and purpose of dermaplaning products

#### Taught content

- Skin cleansing products
- Enzyme peel/exfoliator
- Skin antiseptic
  - Single use formulations, active serums/ampoules that may be applied after the process to maximise treatment results
- Treatment mask
  - Soothing after care moisturisers, topical anti-inflammatories, anti-oxidants, broad spectrum sunscreen

### Preparation and selection of equipment and products for treatment

#### Taught content

- How to set up and work within a sterile field and prepare equipment on clean trolley in an ergonomic manner, to prevent strain to the practitioner and to assist in the smooth application of treatment, for example, safety, time management, hygiene, organisation and professionalism
- Necessity of selecting appropriate products and equipment before the start of each treatment and place on trolley, checking appropriate products and equipment are being used for treatment and all sterile packaging is intact and in-date
- Appropriate Personal Protective Equipment (PPE) is prepared and used
- Disposable sterile blade
- Blade remover unit
- Dermaplaning handle – metal/disposable
- Differentiate between dermaplaning blades; associated safety
- Ensure treatment area is magnified and well lit
- Additional equipment as agreed with the client and treatment aims and objectives additional products to calm and protect the skin post treatment and minimise the risk of infection

### Cleansing the skin prior to treatment

#### Taught content

- Cleanse the skin prior to treatment – to remove all make-up, oils and debris and reduce the risk of infection
- Typical products used
  - Cleansers, toners, preparatory skin products, skin antiseptic

## Method of application

### Taught content

- Working systematically and methodically, avoiding excess treatment overlap across the areas to be treated:
  - Plan treatment start and end point
  - Use the blade at a 45° angle with the correct pressure, direction and speed
  - Maintain adequate skin support in all treatment areas, adapting as appropriate to ensure blade glides smoothly and avoid catching the skin or causing injury
  - Problems associated with uneven treatments overlapping and post procedural marking to the skin (scratching/grazing), possible injury

## Adaptations to treatment

### Taught content

- Adapt the treatment to taking into account pre-existing conditions:
  - Omitting treatment to pre-existing lesions, such as skin tags, moles, papules, pustules
  - Why it may be necessary to adapt pressure, direction, duration and the number of passes for different areas of the face and body
  - Different skin thickness, density, sensitivity, different treatment objectives, treating different skin characteristics of varying structure
  - Give instruction and guide the client to change expression/position to ensure all treatment areas are fully accessible
  - Treatment progression and additional/complementary treatments – enzyme/chemical peel, microdermabrasion, LED, micro current, micro needling, radiofrequency, iontophoresis, electroporation
- Areas to avoid or needing special consideration
  - Eyelids, inside the orbital bone area, soft neck area, top lip, jawline, terminal hair

## Uses, limitations, benefits and effects of Dermaplaning products and equipment

### Taught content

- Uses:
  - To remove vellus hair and excess dead skin cells from the surface of the epidermis on the face or body
  - To improve the appearance of skin surface and texture and minimise the appearance of scars
- Limitations:
  - Cannot be used to remove terminal hair
  - Cannot be used on areas where there is a loss of tactile sensation
  - Limited use on certain areas
- Benefits/effects:
  - Desquamate the dead surface layer of the epidermis, improves radiance
  - Removal of vellus hair
  - Encourages cellular renewal
  - Stimulates blood circulation/surface erythema
  - Evens out skin tone and colour
  - Improves absorption/penetration of skin products and treatments

### **Contra-actions associated with the treatment**

#### **Taught content**

- Effects and risks of using excess pressure, incorrect angle or direction, uneven application or non-compliance to safety and hygiene practices
- Post procedural marking – scratching/grazing, injury, infection, erythema, slow healing, scarring, hyperpigmentation
- Specific risks for dermaplaning: cuts, grazing, bruising, irritation, localised allergic reaction, histamine reaction, urticaria, signs of infection blood borne diseases, redness, swelling, weeping skin, milia, hyperpigmentation (appearing darker before it gets better), cold sores, acne outbreak, bacterial infection and scarring
- How to avoid and manage contra-actions/adverse reactions/complications at home, and when to refer to a medical practitioner

### **SPF and UVA specific sun protector**

#### **Taught content**

- Why it is necessary to use a minimum of a UVB SPF 30 and UVA specific sun protector post treatment
- Knowledge of SPF rating system and why high percentage of block is required to protect the skin after cosmetic dermaplaning
  - SPF 15 = 93% UVB block
  - SPF 30 = 97% UVB block
  - SPF 50 = 98% UVB block
- Knowledge of UVA specific sun protector rating – star rating and the difference between physical and chemical sun cream

### **Preventing infection and promote healing**

#### **Taught content**

- Understand the products necessary to prevent infection and promote healing, how they should be used before and after dermaplaning treatments. Saline solution or chlorhexidine solution applied on sterile cotton pad or gauze and the use of sterile dressing packs to provide a sterile field
- To promote healing – calming products/treatments post treatment – anti-inflammatory effects – LED, serum, mask, compress

## **Treatment progression and additional/complementary treatments recommendations**

### **Taught content**

- Recommendations for frequency of treatment depending on condition treated and treatment objectives, homecare
- Complementary products to be used in conjunction – topical trans-epidermal products
- Knowledge of progressive remedial treatments and products as appropriate for the skin health/condition/type to promote healing and give protection
- Fitzpatrick skin classification and knowledge of how the skin benefits and responds to dermaplaning. Knowledge of maintenance treatment timings and use of skin care programmes at home to reinforce treatment effects
- Lifestyle factors and changes that may be required to improve effectiveness of treatment – skin care routine, healthy eating, exercise and sun protection

### LO3 Demonstrate how to consult, plan and prepare for Dermaplaning treatment

#### Use consultation techniques to determine the client's treatment plan

##### Taught content

- Consult with client, implementing a range of appropriate communications skills to identify client's treatment objectives and expectations and to ensure a realistic and achievable treatment plan is agreed
- Give clear and appropriate advice and recommendations to the client to determine and agree the final treatment plan
- All information from the consultation to be written on consultation forms in front of the client at the beginning of every treatment to confirm the final treatment plan
- Obtain the client's agreement and signed informed consent prior to all treatments
- The practitioner and client must understand the implications of informed client consent, what is being agreed and the responsibility of each in terms of liability

#### Consult with the client

##### Taught content

- General information
- Relevant medical history – discuss all areas on consultation documentation including any recent herpes simplex, certain medications including anti-coagulants
- Lifestyle information – smoking, diet, hobbies, current skin care routine that may need to be considered
- Skin classification – assess Fitzpatrick and Glogau scale
- Fully explain the treatment process, sensation and post-treatment sensation and appearance – no significant down time however skin may feel warm and tight possible erythema
- Explain potential risks/side effects/adverse reactions and contra-actions – grazing, cuts, irritation, oedema, weeping, scarring, localised allergic reaction, histamine reaction, urticaria, signs of infection, increased photosensitivity

## Establish the condition of the skin

### Taught content

- Use magnifying lamp/glasses or skin diagnostic equipment (Woods lamp) and perform a visual assessment of the condition and health of the skin, documenting all findings
- Skin characteristics – Skin types, Fitzpatrick scale 1-6, skin conditions, density/thickness of skin, epidermal thickness, surface hydration, hyperpigmentation (PIH), melasma, chloasma, lentigo, skin texture (pore size), skin laxity, static and dynamic wrinkles, wrinkle depth, congestion/excessive oil
- Skin conditions – open and closed comedones, milia, papules, pustules, acne, nodules, cysts, Glogau photo damage, pigmentation irregularities including post inflammatory (PIH), melasma, chloasma, lentigo, sensitivity, Poikiloderma of Civatte, vascular lesions and irregularities, primary and secondary skin lesions, moles, birthmarks
- Level of skin sensitivity (vascular) – facial erythema, acne rosacea, telangiectasia, spider naevi
- Skin healing history – keloid formation, scars
- Identify contra-indications that may restrict or prevent treatment or require medical referral

## Explain the treatment procedures to the client

### Taught content

- Positioning required for treatment, ensuring client comfort and access to treatment area
- Product and equipment selection to match treatment objectives and agreed treatment plan
- The area will be cleansed thoroughly with appropriate cleansing products until all make-up, debris and surface oils are removed and cotton pads appear clean
- Skin antiseptic applied with sterile gauze prior to dermaplaning to ensure sterile field
- Pre-treatment photograph to be taken
- Once set up, inform the client where the treatment will begin (depends on area being treated)
- The area will be treated following supplier/manufacturer protocols in a methodical and systematic manner in zones in a back and forth action with the blade at a 45° angle maintaining a well-supported taut skin
- Explain the method of dermaplaning and adaptations as required – length of strokes, direction, pressure, speed as appropriate to all areas
- After treatment, calming and nourishing products will be applied to the skin
- Post treatment photograph to be taken
- Broad spectrum sun protection UVB and UVA is finally applied to protect the skin, explain the use of physical sun protection
- Explain potential risks/side effects/adverse effects – erythema, tightness, possible contra-actions

### Select a preparatory skin care programme

#### Taught content

- Identify products to use 2-4 weeks prior to cosmetic dermaplaning treatments as part of a skin priming programme at home, appropriate to skin health to improve healing capacity and tolerance of cosmetic dermaplaning treatment
- Additional benefits could include:
  - Strengthens the skin barrier
  - Improve hydration, skin cell health, increase desquamation, encourage cellular renewal and improves general texture/condition of the skin
- As part of this skin programme the client should also be asked to wear SPF minimum 30 and UVA broad spectrum protection daily

### Take pre-treatment photographs (visual media images)

#### Taught content

- Following organisation procedures, industry guidelines and current data protection legislation, ensuring protocols are followed for taking clinical photographs (visual media images) to ensure clarity and consistency. Take photographs (visual media images) in same position as post-treatment photographs (visual media images) and where possible in the same light. Position area to be treated so photographs (visual media images) are taken straight on and from both sides where applicable, zoom in on areas of concern, for example, pigmentations. Personal devices should not be used to take images of clients
- Gain written/signed client consent for photography (visual media images) and storage of clinical photographs (visual media images) and specific use of photographs (visual media images) for marketing and teaching purposes

### Carry out skin sensitivity tests

#### Taught content

- Carry out sensitivity tests in accordance with supplier/manufacturer guidelines

### Select suitable equipment and products

#### Taught content

- Select suitable equipment and products according to treatment objectives. Choose the correct equipment and products suitable to treat conditions/skin type identified in the agreed treatment plan

### Explain the cooling off period

#### Taught content

- Provide information to the client regarding the 'cooling off' period and offer this facility between initial consultation and first treatment. Book first treatment in line with given directives on cooling off periods. Give client verbal and written information regarding the after effects, home care/additional routines required, proposed outcomes and agreed treatment plans

## LO4 Demonstrate how to provide Dermaplaning treatments

### Maintain own responsibilities for health and safety through the treatment

#### Taught content

- Ensure working area is set up and a safe working environment created in line with health and safety protocols and legislation
- Sterile field to be prepared and PPE to be worn
- Working in an environmentally sustainable manner

### Prepare, position and protect the client and self

#### Taught content

- Ensure preparation complies with legal and organisational requirements. Prepare and protect client to avoid cross-infection. Protect client's eyes, hair when appropriate, clothing and surrounding areas depending on area of treatment
- Position the client to meet the needs of the treatment without causing them discomfort
- Clearly instruct the client and if needed give guidance on facial expression to assist in stretching the skin or use supports or pillows to ensure the position fits the needs of the treatment, does not compromise the treatment application and does not cause the client any discomfort
- Ensure effective, ergonomic positioning of couch, trolley, stool, equipment and products to avoid injury to self, client and others
- Ensure own posture and working methods minimise fatigue and the risk of injury to self, the client and others
- Ensure the working environment is private and secure. Depending on area to be treated provide modesty towels/disposable tissue to protect clothing and provide modesty so the client does not feel exposed and vulnerable

### Ensure environmental conditions are suitable for treatment

#### Taught content

- Ensure ventilation, temperature, ambience, lighting, wall and floor coverings are fit for purpose
- Ensure all tools and equipment are available and in safe working order
- Ensure appropriate PPE for both client and self in line with treatment protocols
- Ensure risks and hazards have been checked, for example, slip and trip hazards in the working area

### **Ensure the use of clean equipment and materials**

#### **Taught content**

- Ensure all surfaces are clean and hygienic, trolley is tidy and equipment and products set out ergonomically, all sterile packaging is intact and all expiry dates checked and in date.
- Ensure that PPE is available and fit for purpose – clean, disposable, non-latex sterile gloves and mask for working in close proximity (as appropriate)
- Ensure the use of sterilisation products and sterile dressing pack to prepare a sterile field and disinfectants for surfaces and equipment as required for treatment

### **Safely use equipment, materials and products**

#### **Taught content**

- Follow protocols for safe use including correct use of cosmetic dermaplaning systems, selection of scalpel shape and application techniques for different treatment objectives. Keep tops on bottles, make sure all products are labelled clearly in line with COSHH, decant products into sterile pots to ensure correct amount is used prior to treatment where indicated

### **Prepare the skin**

#### **Taught content**

- Ensure the client's skin is clean, sanitised and prepared for cosmetic dermaplaning treatment. Cleanse with an appropriate cleanser to ensure all make-up, oils and debris are removed thoroughly. Protect vulnerable areas of face as indicated
- Use a sterile gauze to apply skin antiseptic
- Follow supplier/manufacturer protocols/recommendations

### **Select blade size**

#### **Taught content**

- Select the appropriate sterile scalpel blade for ease of use, safety and size for the skin condition, characteristics and treatment objectives
- Check packaging is intact and expiry date on all sealed scalpel packaging making note on consultation form, discard any that have damaged packaging or are past their expiry date
- Check the blade is secured to the handle and it is positioned correctly

## Apply the Dermaplaning treatment

### Taught content

- Ensure the area is magnified and well lit
- Provide dermaplaning using the correct techniques and following suppliers'/manufacturers' guidelines
- Follow recommended protocol, ensure application demonstrates adequate skin support in all areas to ensure effective treatment and minimise risk of injury. Avoid skin distention or using excessive pressure
- Apply product/serum to the skin if appropriate to facilitate movement of the blade and hydrate the skin during treatment
- Work in a methodical and systematic manner, following suppliers'/manufacturers' protocols, checking client comfort and wellbeing throughout
- Adjust and adapt the angle, direction and pressure as appropriate to each area treated, to ensure effective treatment
- Avoid appropriate areas as agreed in the treatment plan
- Avoid uneven treatment, overlap or overworking the area
- Visually monitor the skin throughout treatment adjusting or adapting treatment as appropriate
- Continually discuss sensation and level of comfort with client throughout treatment. Know when to stop/adapt or adjust the treatment as appropriate
- Ensure blade is wiped on a sterile dressing at appropriate intervals throughout treatment to remove build-up of debris
- Assess all areas worked to ensure even and effective treatment
- Incorporate other modalities as appropriate and in line with suppliers'/manufacturers' instructions
- Ensure adequate and thorough removal of surface debris/treatment residue
- Apply appropriate aftercare products – serum, moisturiser, SPF
- Ensure treatment is completed in a commercial time frame

## Monitor the skin reaction and client response

### Taught content

- Communicate with the client throughout regarding comfort, wellbeing and the sensations of treatment
- Visually monitor the skin's reaction, client skin response and comfort levels and degree of erythema
- Observe skin reaction and know when to stop treatment due to excessive erythema, cutting or bleeding following correct legislation requirements and organisational protocols

### **Apply complementary single use formulations**

#### Taught content

- Single use formulations for trans-epidermal penetration post-treatment may be used in luxury dermaplaning treatments as more effectively absorbed – peptides, enzymes, vitamins, anti-oxidants, minerals, hyaluronic acid, hydroxy acids, anti-inflammatory sebostatic agents, tyrosinase inhibitors
- Apply following supplier/manufacturer protocols

### **Apply post-treatment products**

#### Taught content

- Moisturisers, topical anti-inflammatories, anti-oxidants, broad spectrum sunscreen – physical SPF 30 minimum with UVA protection

### **Take post-treatment photographs**

#### Taught content

- Follow protocols for taking of clinical photographs to ensure clarity and consistency. Take photographs in same position as pre-treatment photographs and where possible in the same light. Position area to be treated so photographs are taken straight on and from both sides where applicable, zoom in on areas of concern, for example, pigmentations
- Confirm clients' consent for storage of clinical photographs and specific use of photographs for marketing and teaching purposes

### **Provide post care advice and home care**

#### Taught content

- Communicate with the client regarding post-treatment care and concerns
- Assess and record immediate skin response. Give client advice on post treatment sensations and expectations – Erythema, tight, warm sensation
- Post-treatment physical sensation and visual changes that may occur
- Post-treatment advice
  - Avoid AHAs, BHAs and retinoids for 48 hours
  - Avoid make-up for 24 hours
  - Wash hands before touching treated area
  - Avoid pets and unclean surfaces to reduce risk of infection
  - Avoid immediate vigorous exercise and other spa/beauty treatments
  - Avoid sun exposure, heat treatments, polluted atmospheres and topical preparations
  - Provide advice on suitable post-treatment products
  - Provide advice for ongoing/further dermaplaning treatments and other salon treatments which may be used in conjunction to maintain or maximise results with appropriate time frames
- Occasional adverse side effects
  - Skin infection with bacteria or herpes simplex virus, papules/pustules and mild acne
- Inform the client how to manage complications/adverse reactions at home and when to refer to a medical practitioner
- Document post-treatment complications and adverse reactions with advice given in line with organisation guidelines

### **Dispose of waste materials to meet legal requirements**

#### **Taught content**

- Waste – disposed of in an enclosed foot-pedal controlled waste bin fitted with disposable, durable bin liner
- Sharps box – immediate and safe/correct disposal of blades/blade remover box
- Clean handle and sterilise in line with supplier/manufacture instructions, if single use dispose of in line with supplier/manufacture instructions, legal requirements and local authority guidelines
- Dispose of hazardous waste from the treatment (for example, swabs/cotton wool pads) into biohazard clinical waste bags, in line with local council regulations and following COSHH procedures

### **Update client records**

#### **Taught content**

- Accurate completion of treatment details, client skin sensation and skin response, observation of skin after treatment. Post-treatment photographs taken immediately after treatment. Signature from client to be obtained accepting treatment results and skin response and agreement to follow aftercare/post treatment advice. Practitioner signature to take responsibility for treatment and records completed

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# Assessment requirements

Learners are required to complete **all** assessment requirements related to this unit:

1. Case Studies
2. Theory examination
3. Practical examination

## 1. Case Studies

Learners must produce a treatment portfolio, which is required to be completed under the supervision of a lecturer. All case studies must be completed and marked prior to the learner completing the practical and theoretical examinations.

Learners must complete case study practice on a minimum of **4 separate clients**. Each practice needs to include a full medical history of the client, advanced skin assessment, before and after pictures and a full description of the conditions/characteristics to be treated. A detailed description of the application technique, equipment used and the duration of the treatment must also be provided. Each application must also include an evaluation of the treatment and its outcomes, pre and post treatment skincare product recommendations and post treatment advice.

Range to be included in clinical applications:

- Met the needs of a variety of clients on 4 separate occasions
  - New
  - Existing
- Carry out all consultation techniques
  - Questioning – verbal
  - Listening – non-verbal
  - Visual – non-verbal
  - Manual
  - Written
  - Pre-treatment photographs (visual media images) taken
- Carried out skin sensitivity test
- Carried out advanced skin assessment
- Met all treatment objectives
  - Removal of vellus hair
  - Progressive desquamation
  - Progressive skin renewal and rejuvenation
  - Minimise superficial acne scarring and improve appearance of texture
  - Preparation of prior to other advanced skin procedures – photo rejuvenation/peeling
  - Increase absorption of pharmaceuticals and skincare products
- Treatment areas
  - Face and jawline
  - Body

- Considered all factors of skin type and characteristics, condition and classifications
  - Skin type and characteristics – oily, dry, combination
  - Condition – sensitive, mature, dehydrated
  - Level of sensitivity
  - Skin density
  - Epidermal thickness
  - Pigmentation irregularities
  - Healing capacity
- Skin classification tools
  - Glogau photo-damage
  - Fitzpatrick scale
- Taken all courses of necessary action
  - Explaining why treatment cannot be carried out
  - Encouraging the client to seek medical advice if applicable
  - Modification of treatment
- Use of equipment
  - Blade holder
  - Sterile surgical blade
  - Dermaplane handle
  - Blade remover
- Given all advice and recommendations
  - Suitable post care products and their uses
  - Pre-treatment skincare products and lifestyle recommendations
  - Avoidance of activities which may cause contra-actions
  - Modifications to lifestyle patterns
  - Recovery and skin healing process
  - Post-treatment contra-actions and how to deal with them
  - Frequency and benefits of courses of treatments
  - Timing and benefits of future maintenance treatments
  - Treatments which could be given in conjunction with/after dermaplaning treatment
  - Products and treatments recommended
  - Use of SPF products
  - Issuing of written and written post-care advice
  - Recording 'before' and 'after' photographs (visual media images)

## 2. Theory examination

Learners must complete a theory examination for this unit. This will consist of a multiple choice question paper, which is mapped to the relevant assessment criteria stated below.

The theory examination will test knowledge and understanding from across learning outcomes 1-2. Learners should use the unit content sections of this unit to aid revision since exam questions will test the full breadth of this content over time.

Learning Outcome	Assessment Criteria
LO1 Interpret the environmental and safety considerations to be considered when providing dermaplaning treatments	1.1 Promoting environmental and sustainable working practices
	1.2 Insurance guidelines
	1.3 Safety of product and equipment sourcing
	1.4 Suppliers' and manufacturers' instructions for safe use
	1.5 Working in line with organisational procedures
	1.6 Hygiene considerations
	1.7 Contra-indications that would prevent or restrict treatment
	1.8 Contra-indications requiring medical referral and referral processes
	1.9 When to consult with other aesthetic professionals
	1.10 Treatment of minors
	1.11 Hazards and risks
LO2 Comprehend protocols and guidelines when providing dermaplaning treatments	2.1 Factors to consider and treatment planning
	2.2 Assessing skin characteristics
	2.3 Pre and post advice to provide to the client
	2.4 Timing of treatment
	2.5 Pain threshold and sensitivity variations
	2.6 Types and purpose of Dermaplaning products
	2.7 Preparation and selection of equipment and products for treatment
	2.8 Cleansing the skin prior to treatment
	2.9 Method of application
	2.10 Adaptations to treatment
	2.11 Uses, limitations, benefits and effects of dermaplaning products and equipment
	2.12 Contra-actions associated with the treatment
	2.13 SPF and UVA specific sun protector
	2.14 Preventing infection and promote healing
	2.15 Treatment progression and additional/complementary treatments recommendations

### 3. Practical Examination

The content of LO3 and are LO4 assessed by a practical examination.

The practical examination will be conducted by an external examiner

In preparation for the practical examination, centres are advised to ensure learners have carried out a series of formatively assessed case studies, comprising of complete practical treatments, in accordance with the practical assessment criteria for the qualification.

It is essential centres use the Practical Assessment Criteria document in order to prepare learners for the Practical Examination. This can be found on the VTCT and ITEC websites.

The Practical Examination must take place under controlled conditions, in a realistic working environment on a real client and in a commercially acceptable time frame for the practical treatment being examined.

### Document History

Version	Issue Date	Changes	Role
v1.0	12/02/2024	First published	Product and Regulation Manager