



AELLAS TREATMENT GUIDE



INTRODUCTION

The Aellas™ Skin Renewal Platform unveils a new era in chemical peeling. Leveraging proven ingredients and the latest advances in nanotechnology, the Aellas platform offers an especially comfortable and convenient patient experience and ensures safe, easy and effective procedures. For patients, opting for a peeling is now easier than ever before. And, adding peeling treatments is a simple and compelling way to expand your value to customers.

The multiple Aellas peeling products, formulated for different skin types and applications, and the Aellas pre-treatment and post-treatment products together provide a complete answer for a wide range of skin renewal goals. Just choose the most suitable peeling option possible for each individual patient, according to the problem being treated. You – and they – will enjoy the best of all worlds: simpler procedures, with no dripping or dams; reduced application times; more comfortable treatment; faster recovery; and beautiful, smooth results.

The Innovation of Nanotechnology in Aesthetics

Working in biocompatible spaces has always been considered ideal but until now it was one of the limitations of peeling techniques. The dimensional reduction confers to the nanoparticles completely different properties in relation to the matter at macroscopic dimensions. The reason for this behavior is the increased specific surface: surface per gram of matter. In a nanostructured material the specific surface is enormous.

The Aellas peeling platform uses silica as the carrier of active ingredients, and it is structured in nano size. Nano-silica particles stop the water molecules in orderly way on their surface, forming a stable tixotropic hydrogel. The silica particles serve on the skin as a “scalpel” – they penetrate the skin and deliver the active ingredients. After that they stay on the top of the skin and are removed with the cleansing action and the exfoliation of the skin as a result of the treatment.

In all the Aellas products the gel nanoparticles have an enormous surface in relation to their substance. In a tube there are 1,500 m² of active surface, a quarter of football ground. The active ingredients, absorbed on the nanostructured material, are released in the skin in homogeneous and continuous way during the treatment. This ensures even penetration to the skin, and a homogeneous peeling.

The unique structure and combination of the Aellas gels provide its users with 5 distinct advantages:

- **Tixotropic behaviour** – Aellas peeling gels hold a solid structure until energy is added and they become more fluid. This prevents dripping and eliminates the need for dams, enabling easier, faster procedures.
- **Controlled release** – The nanostructured active agents are released in the skin continuously and homogenously, preventing the undesirable effects of inconsistent application.
- **Easy penetration** – The Aellas peeling gels' nanoparticles penetrate into tiny intercellular spaces, creating a deeper, more homogenous and effective treatment. By working simultaneously in different layers the Aellas peeling products can achieve results that have been possible in traditional peelings only by increasing the concentration of the active, aggressive acids. As a result, the treatment time is shorter and the downtime after treatment may be shortened as well.
- **Chemical stability** – While Aellas peeling products have an elevated acidity, they have a relatively long shelf-life due to the high chemical stability of the nanostructured silica gel. This facilitates inventory management at your clinic.
- **Active cleansing and lubrication** – The nanoparticles capture the skin impurities and create a mechanical lubricating effect, facilitating exfoliation and result in a highly effective peeling treatment.

Product line advantages

- Ready for use products – no preparation needed
- Easy application and administration during treatment
- Tailored treatments with combinations of products for various treatment areas and aesthetic targets
- Minimized patient discomfort due to shortened treatment times
- Chemical stability ensuring long shelf life

Treatment with the Aellas Peeling Platform

All Aellas products can be used in combination during the treatments, and tailored to fit the specific needs of each patient. All the ingredients used in the Aellas products are compatible, and have similar molecular properties. As all Aellas products are stable and easy to apply, they provide the practitioner with a wide range of precise and personalized treatment possibilities.

Adjusting patient expectations is crucial to the success of the treatment. During and after the treatment session some patients may have unpleasant sensations (redness, flaking, irritation, itching etc.), and if not well prepared before the treatment, may develop aversion to the treatment and its effects. It is important to explain to the patients that reaction to the chemical substances, which causes the unpleasant experience, means in fact that the peeling is active and will have the desired results.

In some cases, pre-testing can serve as a means to keep expectations reasonable and prepare the mindset of the patient to the expected effect of the treatment.

Most of the Aellas products include antioxidants, which prevents some of the redness during the treatment. Nevertheless, the skin should be closely monitored, since the active ingredients are effective and penetrate quickly despite the reduced redness. Listen to your patient's reactions during the treatment, as they can often serve as a reliable means of monitoring the peeling effect and activity.

Aellas Ready-N and Aellas Ready-S are topical tixotropic gels, intended to be used as the first stage in the Aellas peeling procedure. The gels contain a unique silica formulation, which facilitates application, improves the penetration and cleaning efficiency. Pre-peeling is required to achieve the desired effects since it prepares the skin for the peeling and gives the homogenous result.

Aellas Ready-N



Contents

Denatured alcohol, diethylene glycol, silica.

Aellas Ready-N is recommended for use before any peeling procedure for patients with normal to oily skin. The product contains safe solvents in a nanostructured lipophilic matrix, in tixotropic gel form, which ensures easy application and no dripping.

Aellas Ready-N effectively removes sebum and cell debris and cleanses the skin thoroughly to ensure effective peeling results.

INSTRUCTION FOR USE

- Apply a sufficient amount of Aellas Ready-N gel over the intended treatment area in order to clean the skin surface.
- Wait 1-2 minutes and remove the gel with damp or dry gauze, and finish with Aellas Clean towellettes.
- Allow the treated area to dry thoroughly before progressing to the next step in the peeling procedure.

Aellas Ready-S



Contents

Aqua, aloe barbadensis, PEG-40 hydrogenated castor oil, bisabolol, coco-glucoside, silica.

Aellas Ready-S is recommended for use before any peeling procedure for patients with dry and sensitive skin. The product is formulated in a tixotropic gel with hydrophilic silica nanoparticles and mild tensioactives, which ensures delicate sebum cleansing, easy application and no dripping.

INSTRUCTION FOR USE

- Apply a sufficient amount of Aellas Ready-S gel over the intended treatment area in order to clean the skin surface.
- Wait 1-2 minutes and remove the gel with damp or dry gauze, and finish with Aellas Clean towellettes.
- Allow the treated area to dry thoroughly before progressing to the next step in the peeling procedure.



It's important to know that...

- Further preparation with creams containing glycolic acid or salicylic acid is possible before the treatment with the peeling products.

Aellas Glyco-50



Contents

Glycolic acid 50%, citric acid 30%,
silica, aqua.

Aellas Glyco-50 is a topical tixotropic gel containing a unique formulation alpha-hydroxy acid (AHA) with silica. The use of glycolic acid in combination with the citric acid further enhances the effect of the product. The use of silica as the carrier in this formulation renders the product less traumatic for the skin due to the effect of controlled release and the improved penetration, which give the products their improved efficacy. The product's pH value is 1.20, which improves its absorption.

Aellas Glyco-50 has a keratoregulating effect that causes exfoliation, increased skin flaking and cell replacement, resulting in skin rejuvenating effect and reduction of fine wrinkles, scars, sun or age spots, and hyper pigmentation. The concentration of glycolic acid in Aellas Glyco-50 gives the product a caustic effect.

The Aellas Glyco-50 is a superficial peeling product intended to be used topically on face, neck, décolletage and/or forearms for treatment and/or prevention of chertosis, cheloides, scars, sun and senile lentigos, melasms and skin pigmentary alterations in face and body, except eye contour. Aellas Glyco-50 can be used on all skin types I to VI, teens to adults.

INSTRUCTION FOR USE

- Prepare the treated area with Aellas Ready-N or Aellas Ready-S and carefully dry the area before applying Aellas Glyco-50.
- Spread the product on the skin with a finger or, if preferred, with a brush or a sleeker.
- The application should be performed according to the following application scheme: forehead, cheeks, chin, nose, upper cutaneous lip.

INSTRUCTION FOR USE (cont')

- Record the start time of procedure.
- Wait until the skin has absorbed the formulation and repeat the application if required. The number of application times is dependent of the skin type and the desired result of the treatment.
- **Treatment time is usually 2-10 minutes. For oily and thick skin the desired effect will be achieved after 10-15 minutes.**
- Closely monitor change in skin colour. Once the skin has achieved a uniform degree of erythema, the treatment time should be stopped and neutralisation should be applied.
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- The skin redness after the treatment usually lasts 10-15 minutes.
- Once a uniform degree of erythema is formed, the area should be neutralised with Aellas Calm, applied with a finger on the treated areas or by using a brush or a spatula.
- The changes of colour from red to yellow (active neutralization) to permanent red (end of the neutralization) will show that the treated area has been fully neutralised. Remove Aellas Calm with damp or dry gauze and finish with Aellas Clean towellettes.
- After the peeling treatment, post-peeling treatment regime should be applied for hydration, restructuring and smoothing action. A reasonable amount of Aellas Nourish should be applied on the treated area, spreading it gently. Leave some Aellas Nourish on the intense whitening area or in case of erythema, and let it penetrate spontaneously. Instruct the patient not to add other products in the first hours after the peeling.
- Flaking of the skin will appear for 2-3 days after treatment and during that time it is important to moisturize the skin with oil-free cream.



It's important to know that...

- The effect of the product is stronger the longer it is left on the skin.
- Gentle massage of the skin with the product will enhance the effect. In this case close monitoring of the skin is essential in order to avoid excessive and undesired effect.
- In order to obtain the best possible result, the patient should undergo a course of 2-4 treatments with 2-3 weeks in between.
- Proper moisturizing or hydration of the treated area is required in order to achieve the best potential result of the Aellas platform.
- The body may also be treated. In general, chest, back, forearm, dorsal hands and legs are easily treated without fear of overtreatment.
- The product can be used with good results for the neck. However, the neck is the more sensitive area and should be closely monitored. It is recommended that the neck is the last area to be treated in the course of the session.
- It is possible to use Aellas Glyco-50 for treatment of stretch marks. In that case, the product may be left on skin for 30 mins-1 hour to achieve the desired results.
- If blanching or frosting indicating epidermolysis is encountered in any particular area immediate neutralization should be performed.
- Use of the product with active acne should be considered with care, since it may intensify the acne in some cases.
- It is recommended not to use cosmetic skin creams containing retinol or glycolic acid or topical pharmaceuticals containing retinoic acid or isotretinoin 4-5 days prior to the treatment in order to prevent too deep penetration of active ingredients. Patients undergoing oral isotretinoin treatment should not be treated with Aellas peeling.

COMBINATION TREATMENT

- Aellas Glyco-50 can be used in combination with Aellas Jessner for more effective skin rejuvenation treatment. They may be used in the same treatment session, and in that case Aellas Jessner will be applied first.
- Aellas Glyco-50 can be used to treat acne scarring in combination with Aellas Salic-25. Aellas Salic-25 should be applied first, and when it has reached its endpoint any excessive gel should be removed with Aellas Clean towellettes. After that Aellas Glyco-50 should be applied.

Aellas Glyco-Eye



Aellas Glyco-Eye is a topical tixotropic gel containing a unique formulation alpha-hydroxy acid (AHA) with silica. The use of lactic acid in combination with the glycolic acid further enhances the effect of the product, yet renders it less irritant and safer to use in the to the gentle periorbital skin. The product's pH value is 1.75.

Aellas Glyco-Eye has a keratoregulating effect that causes exfoliation and increased skin flaking and cell replacement, resulting in a skin rejuvenating effect and reduction of fine wrinkles, scars, sun or age spots, and hyper pigmentation. The Aellas Glyco-Eye is a superficial peeling product intended to be used topically in the eye area for treatment and/or prevention of xanthelasm, milium, and pigmentation alterations.

Aellas Glyco-Eye can be used on all skin types, I to VI, teens to adults.

Contents

Glycolic acid 15%, lactic acid 15%, silica, aqua.

INSTRUCTION FOR USE

- Prepare the treated area with Aellas Ready-N or Aellas Ready-S and carefully dry the area before applying Aellas Glyco-Eye.
- Spread the product on the skin with a finger or if preferred with a brush or a sleeker. If Aellas Glyco-Eye is used together with another peeling product in the Aellas line, it should be applied last.
- Record the start time of procedure.
- Wait until the skin has absorbed the formulation and repeat the application if required. The number of application times is dependent on the skin type and desired outcome of the treatment.
- **Treatment time for young skin is 2-3 minutes in average, and for older skin the product can be left to act for 5-7 minutes.**
- Closely monitor change in skin colour. Once the skin has achieved a uniform degree of erythema, the treatment time should be stopped and neutralisation should be applied.

- Once a uniform degree of erythema is formed, the area should be neutralised with Aellas Calm, applied with a finger on the treated areas or by using a brush or a spatula.
- The changes of colour from red to yellow (active neutralization) to permanent red (end of the neutralization) will show that the treated area has been fully neutralised. Remove Aellas Calm with damp or dry gauze and finish with Aellas Clean towellettes.
- After the peeling treatment, post-peeling treatment regime should be applied for hydration, restructuring and smoothening action. A reasonable amount of Aellas Nourish should be applied on the treated area, spreading it gently without energetic massage. Leave some gel (or add some extra) on the intense whitening area or in case of erythema, and let it penetrate spontaneously. Instruct the patient not to add other products in the first hours after the peeling.



It's important to know that...

- The product can be used on other delicate parts of the face and the neck, as well as a gentle treatment for a “first-timer” patient.
- Aellas-Eye can be used also on the eye lids, but then it is important to keep a 2 mm distance from the lashes. When treating the eye lids, a follow-up session should be set 20 days post treatment.
- The product is also good for use on the lips, but may induce herpes simplex in patients who had it in the past – same like any other treatment to the lips.
- In order to obtain the best possible result, the patient should undergo a course of two 4-6 treatments with 2-3 weeks in between. It is recommended to repeat those treatment cycles twice a year to maintain satisfactory result.
- Proper moisturizing or hydration of the treated area is required in order to achieve the best potential result of the Aellas platform.
- If blanching or frosting indicating epidermolysis is encountered in any particular area immediate neutralization should be performed.
- The effect of the product is stronger the longer it is left on the skin.
- It is recommended not to use cosmetic skin creams containing retinol or glycolic acid or topical pharmaceuticals containing retinoic acid or isotretinoin 4-5 days prior to the treatment in order to prevent too deep penetration of active ingredients. Patients undergoing oral isotretinoin treatment should not be treated with Aellas peeling.

COMBINATION TREATMENT

- Aellas-Eye can be safely used in combination with all other Aellas products.

Aellas Jessner



Contents

Salicylic acid 14%, lactic acid 14%, resorcinol 14%, denatured alcohol, propylene glycol, glycerol, silica, stabilizing agents

Aellas Jessner is a topical lipophilic tixotropic gel, containing the classic Jessner formula ingredients, formulated with the unique silica formulation, as the rest of the Aellas peeling products.

Aellas Jessner contains a mixture of alpha- and beta-hydroxy acids and the phenol derivate resorcinol, which gives the product a dual mode of action: metabolic (keratolytic effect) and toxic actions. Due to its keratolytic and toxic effect, the peeling causes a destruction of the stratum corneum and the upper part of epidermis, which leads to exfoliation, increased skin flaking and cell replacement, resulting in skin rejuvenating effect and resurfacing of the skin, thereby reduction of fine wrinkles, scars, sun or age spots, and hyperpigmentation.

Aellas Jessner is a superficial peeling product intended to be used topically on face, neck, décolletage and/or forearms for treatment and/or prevention of chertosis, melasms and pigmentary alterations, and post-operation hyperpigmentations.

INSTRUCTION FOR USE

- Prepare the treated area with Aellas Ready-N or Aellas Ready-S and carefully dry the area before applying Aellas Jessner.
- Spread the product on the skin with a finger or, if preferred, with a brush or a sleeker.
- The application should be performed according to the following application scheme: forehead, cheeks, chin, nose, upper cutaneous lip.
- **Aellas Jessner is self-neutralizing, therefore application time is less important, yet it is always recommended to record the start time of procedure.**
- Wait until the skin has absorbed the formulation and repeat the application if required. A fan may be used to decrease the burning or tingling sensation during the procedure.
- Closely monitor change in skin colour and texture. The action of the material is marked by crystallization on the skin. The skin appears very dry and the crystallization marks the end of the treatment.

- After the peeling treatment, post-peeling treatment regime should be applied for hydration, restructuring and smoothing action. A reasonable amount of Aellas Nourish should be applied on the treated area, spreading it gently without energetic massage. Leave some gel (or add some extra) on the intense whitening area or in case of erythema, and let it penetrate spontaneously. Instruct the patient not to add other products in the first hours after the peeling.

Aellas Jessner Crystallization Effect*



* Pictures courtesy of Dr. Lucio Miori, Italy



It's important to know that...

- Aellas Jessner may be used as a “first-time” treatment for most patients, as it covers a wide variety of skin conditions and problems.
- Treatment with Aellas Jessner can be repeated regularly; bi-weekly or weekly treatment sessions can achieve satisfactory results to most patients, and a monthly treatment will maintain good skin texture. Usually, visible results will be achieved after 2 treatment sessions.
- The effect of the product can be intensified if higher quantity is used. Time is not a factor in the effect of the treatment.
- The product can even be used in the first few months of sun exposure, but then the use of adequate sunscreen is strongly recommended.
- Aellas Jessner is safe to use 7-10 days after treatment with UV lamp.
- Aellas Jessner can be used as a starting procedure for all whitening treatments.
- Aellas Jessner is also recommended for whitening and face pigmentation treatments. It is also recommended for light cases of acne that involve the appearance of comedones.
- Treatment of skin type 4, 5 or 6 should be done with special care.
- It is recommended not to use cosmetic skin creams containing retinol or glycolic acid or topical pharmaceuticals containing retinoic acid or isotretinoin 4-5 days prior to the treatment in order to prevent too deep penetration of active ingredients. Patients undergoing oral isotretinoin treatment should not be treated with Aellas peeling.

COMBINATION TREATMENT

- Aellas Jessner can be safely used in combination with all other Aellas products, as the basis of treatment before using any of the other products. It improves the penetration of other peeling products, thus resulting in a deeper and highly effective treatment.
- Aellas Jessner can be used as a starting procedure for all pigmentation treatments.
- Aellas Jessner can be used before other Aellas products in the same treatment session.
- Aellas Glyco-50 can be applied immediately after the Aellas Jessner layer, without removing it.
- Aellas Jessner works on a more superficial layer than Glycolic acid, and its effect is immediate as opposed to the Aellas Glyco-50, which has a delayed effect. Therefore both serve as a good combination and work synergetically, when you apply them together, and reach immediate with long-term effects.

Aellas Salic-25



Contents

Salicylic acid 25%, silica, denatured alcohol, glycerol, stabilizing agents.

Aellas Salic-25 is a topical tixotropic gel containing a unique beta-hydroxy acid (BHA) formulation with silica.

Aellas Salic-25 contains salicylic acid, a lipophilic compound which removes intercellular lipids that are covalently linked to the cornified envelope surrounding cornified epithelioid cells. It has an antihyperplastic effect on epidermis and thereby causing the cells of the epidermis to slough off more readily, preventing pores from clogging up, and allowing room for new cell growth resulting in a skin rejuvenating effect. Salicylic acid has also been shown to have anti-inflammatory and antimicrobial properties.

The Aellas Salic-25 is a medium peeling product intended to be used topically on face, neck, décolletage, forearms and/or hands for treatment and/or prevention of seborrheic and senile chertosis, scars, cheloides, lentigos, and elastosis.

INSTRUCTION FOR USE

- Prepare the treated area with Aellas Ready-N or Aellas Ready-S and carefully dry the area before applying Aellas Salic-25.
- Spread the product on the skin with a finger or, if preferred, with a brush or a sleeker.
- The application should be performed according to the following application scheme: forehead, cheeks, chin, nose, upper cutaneous lip.
- Aellas Salic-25 is self-neutralizing, therefore application time is less important, yet it is always recommended to record the start time of procedure.
- A white precipitate start to develop after 30 second to 1 minute. Wait until the skin has absorbed the formulation and repeat the application if required to achieve a uniform application. The number of application times is dependent on the skin type and desired outcome of the treatment.
- Closely monitor change in skin colour. If frosting occur, the patient will experience crusting and peeling after the procedure, which may be appropriate for treatment of photodamage. **The peeling should be stopped after 3-5 minutes.**

INSTRUCTION FOR USE (cont')

- After the peeling treatment has been completed the excessive gel should be removed with a clean gauze or with Aellas Clean towellettes. If any white precipitation remains on the skin after cleansing do not try to remove it aggressively. Leave it on the skin to be removed naturally.
- As a final step the post-peeling treatment regime should be applied for hydration, restructuring and smoothening action. A reasonable amount of Aellas Nourish should be applied on the treated area, spreading it gently without energetic massage. Leave some gel (or add some extra) on the intense whitening area or in case of erythema, and let it penetrate spontaneously. Instruct the patient not to add other products in the first hours after the peeling. The patients may resume the use of topical skin care regimen after 48 hours or when all post-treatment effects subside.



It's important to know that...

- Aellas Salic-25 stimulates cell growth and is considered a medium depth peeling treatment, yet it is slightly lighter than the other medium strength peels
- In order to obtain the best possible result, the patient should undergo a course of 3-6 treatments with 2-4 weeks between them. One treatment session should be enough for most cases to get visible results. If the treatment is repeated crust may appear on the skin after a few days.
- The effect of the product is not dependent of the time it is left on the skin or the quantity used, but rather on the skin type and natural reaction of the skin in each patient.
- Aellas Salic-25 is suitable for all skin types, but especially for oily and problematic skin. It is recommended for active acne treatment, since it dries the acne and is anti-bacterial. It can be used for severe acne cases, including on other parts of the body than the face, like the back.
- The product is suitable for treatment of photodamage and enlarged pores.
- The penetration of the product to the skin will be quicker in the spots where it is most needed, such as vivid or active acne. The skin acts as a sponge, and action is faster in some parts, but you may leave it as it is until uniform crystallization is achieved.

- Post-treatment erythema may sometimes occur intensely and may last a few hours or a few days. Normally, the skin flakes off over the first few days after the treatment.
- The product contains glycerine for more gentle and mild penetration of the material to the skin and for easier removing from the skin. Nevertheless, results are the same as salicylic acid.
- To relieve the itching sensation during the treatment you may put water on the skin, but it is recommended to do so only after the crystallization has completed, otherwise the water will stop the product action and effect the final result.
- Some patients prefer to have multi-sessions with the Aellas Salic-25 product in weekly rate instead of the Aellas TCA-25, in order to avoid the crust effect. Such treatment will be effective and have good results, though may differ from the results achieved with Aellas TCA-25.
- It is recommended not to use cosmetic skin creams containing retinol or glycolic acid or topical pharmaceuticals containing retinoic acid or isotretinoin 4-5 days prior to the treatment in order to prevent too deep penetration of active ingredients. Patients undergoing oral isotretinoin treatment should not be treated with Aellas peeling.

COMBINATION TREATMENT

- Aellas Salic-25 can be safely used in combination with all other Aellas products.
- Aellas Glyco-50 can be used in combination with Aellas Salic-25, and can be applied to the skin after the Aellas Salic-25 application even without removing it. This would enhance the effect of the products.
- Aellas Salic-25 is especially suitable for oily and/or thick skin and for skin that is prone to acne. It may serve as a good starting treatment in combination with other peeling products.

Aellas TCA-25



Aellas TCA-25 is a topical tixotropic gel containing trichloroacetic acid formulated with a unique silica formulation. The product's pH value is 0.9.

Aellas TCA-25 contains trichloroacetic acid which is an alcohol acid. Through its caustic effect the acid causes a destruction of the stratum corneum and the upper parts of the epidermis, thereby stimulating an overall epidermis regeneration and dermis stimulation, as well as reinforcement of the elastin-collagen fibers through the body's own healing process.

Aellas TCA-25 is a medium strength peeling product intended to be used topically on face, neck, décolletage and/or forearms for treatment and prevention of seborrheic and senile keratosis, scars and cheloides, lentigos, and elastosis.

Contents

Trichloroacetic acid 25%, silica, deionized water.

INSTRUCTION FOR USE

- Prepare the treated area with Aellas Ready-N or Aellas Ready-S and carefully dry the area before applying Aellas TCA-25.
- Spread the product on the skin with a finger or, if preferred, with a brush or a sleeker.
- The application should be performed according to the following application scheme: forehead, cheeks, chin, nose, upper cutaneous lip.
- Aellas TCA-25 is self-neutralizing, therefore application time is less important, yet it is always recommended to record the start time of procedure.
- A fan may be used to decrease the burning or tingling sensation during the procedure.
- Wait until the skin has absorbed the formulation and if required repeat the application until a white frost develops or intense erythema occur. The number of application times is dependent on the skin type and desired outcome of the treatment.
- **Frosting of the skin will appear in 20-30 seconds.**

- Closely monitor change in skin colour. Once the skin has achieved a uniform degree of frosting – **usually after 1-3 minutes** - the peeling should be stopped and access materials should be removed from the skin with Aellas Clean towellettes.
- If any frosting is left on the skin after cleansing, do not try to remove it aggressively. Leave it on the skin to be removed naturally.
- After the peeling treatment, post-peeling treatment regime should be applied for hydration, restructuring and smoothing action. A reasonable amount of Aellas Nourish should be applied on the treated area, spreading it gently without energetic massage. Leave some gel (or add some extra) on the intense whitening area or in case of erythema, and let it penetrate spontaneously. Instruct the patient not to add other products in the first hours after the peeling.
- The skin will appear crusty for 4-5 days after the treatment and it will usually go away after approximately one week.
- After the crust is gone the skin may be red for another week in average.
- Proper moisturizing or hydration of the treated area is essential for best results and patient comfort after treatment.

Aellas TCA-25 Peeling Process*

Before:



Treatment end-point:



1 Week post treatment:



After crust has peeled off (appr. 10 days post treatment)



* Pictures courtesy of Dr. Lucio Miori, Italy



It's important to know that...

- Aellas TCA-25 is equivalent in effect approximately to TCA 40% solution.
- It is considered safer, less aggressive and more effective than conventional TCA peelings.
- Satisfactory results are usually achieved after a single treatment. If required, the treatment may be repeated after 60-90 days. Between those sessions other products for lighter peeling can be used like the Aellas Glyco-50, to improve results.
- Swelling can be expected for 24 hours after treatment, and inflammation can occur and persist in some patients.
- Continuous hydration of the skin and the use of sunscreen are necessary for the success of the treatment.
- The effect of the product is determined by the quantity used; the more material is used the deeper the peeling will be.
- Higher quantity of Aellas TCA-25 should be used on problematic areas, and the layer should become gradually thinner as you go to more sensitive areas.
- The gel formulation of this product helps prevent the undesired "peeling mark" that is known to appear in other TCA formulations due to the use of dams. The gel can be spread gradually along the borders of the treated area, thus preventing visible skin color differences. Should such mark appear as a result of the treatment, it can later be removed by use of Aellas Jessner.
- Like in most TCA treatments, the patient may sense strong irritation in the first few minutes of the treatment.
- Aellas TCA-25 treatment should be performed during the autumn and the winter months.
- In average, Aellas TCA-25 allows for a shorter healing time compared to other acceptable TCA treatments.
- It is recommended not to use cosmetic skin creams containing retinol or glycolic acid or topical pharmaceuticals containing retinoic acid or isotretinoin 4-5 days prior to the treatment in order to prevent too deep penetration of active ingredients. Patients undergoing oral isotretinoin treatment should not be treated with Aellas peeling.



You should be aware that...

- The treatment should not be done when the skin is at risk of sunburn.
- If needed, it is helpful to perform a skin test before treatment to assess the reaction of the skin.
- Aellas TCA-25 should not be used at least 3 months after treatment like lasers, dermabrasion, etc.
- Before treating with Aellas TCA-25, the medical history and specific medications taken by the patient should be considered, to prevent potential cross-reactions.
- Aellas TCA-25 treatment for skin type 4 should be made with special care for risk of hyperpigmentation. It is not recommended for use in skin types 5 and 6. If hyperpigmentation occurs, laser can be used to remove it, but it may re-appear after 5-6 months. Other recommended methods are softer treatments with home-base creams or peeling. For removing local spots the combination of peeling with Aellas Jessner and TCA 25% can be a solution. In other cases, Aellas Jessner combined with whitening creams can be effective.

Aellas Calm



Contents

Sodium bicarbonate, red phenol, silica, aqua, propylene glycol.

Aellas Calm is a topical tixotropic gel containing a buffering agent and pH indicator to highlight a successful neutralisation of a chemical peeling procedure with Aellas Glyco-50 and/or Aellas Glyco-Eye. The gel has a unique formulation with silica, which facilitates application, improves the penetration and effect and provides better neutralisation. Aellas Calm contains sodium bicarbonate which neutralises and stops the effect of a chemical peeling procedure with alpha-hydroxy acids. Aellas Calm also contains red phenol, a pH indicator, whose colour exhibits a gradual transition from yellow to red over the pH range 6.6 to 8.0. The colour of Aellas Calm is red but after application at low pH the colour is yellow, showing active neutralisation. When sufficient amount is applied the colour remains red showing that the neutralisation has been completed.

Aellas Calm is mandatory to use after chemical peeling with Aellas Glyco-50 and/or Aellas Glyco-Eye. The product is intended to be used topically on face, neck, décolletage and/or forearms, after chemical peeling treatment has been performed in order to neutralize the treated area.

INSTRUCTION FOR USE

- When the peeling process with Aellas Glyco-50 or Aellas Glyco-Eye has reached its end-point, remove the gel with a gauze or with Aellas Clean towellettes before applying Aellas Calm on the treated areas with a finger or by using a brush or a spatula.
- The treated areas will become yellow to highlight where the treatment product has been applied.
- Continue to apply Aellas Calm until its color remains bright red without changing. This will indicate that the treated area has been fully neutralized.
- Remove the gel with damp or dry gauze and finish with Aellas Clean towellettes.

Neutralizing Aellas Glyco-Eye with Aellas Calm*

Acid still active



Acid neutralized



* Pictures courtesy of Dr. Lucio Miori, Italy



It's important to know that...

- The tixotropic characteristics of Aellas Calm allow for directed application and better control of the peeling effect time and the borders of various treated areas.
- Formed in the same nano-structure as all other Aellas products, only Aellas can neutralize the peeling effect, as its nanoparticles penetrate the skin and neutralize the products at all depths of their effect in the skin.
- When Aellas Calm is applied on the skin it releases a gas which forms 'crackly' foam and a tingling sensation. Though usually not painful, be sure to prepare the patient for this effect.

Aellas Nourish



Aellas Nourish is a lenitive topical cream intended for moisturizing and relieving the skin after peeling treatments.

It should be used topically on face, neck, décolletage and/or forearms, after chemical peeling treatment and neutralisation have been performed, to moisturise and protect the treated skin.

INSTRUCTION FOR USE

- Apply a sufficient amount of Aellas Nourish over the treated area and massage gently.

Contents

Aqua, trehalose, cetearyl alcohol, cyclohexasiloxane, glycerin stearate, glycerin, C12-15 alkyl benzoate, olea europea, C13-14 isoparaffin, bisabolol, sodium lactate, potassium palmitoyl hydrolyzed wheat protein, dimethicone, ginkgo biloba, laureth-7, sodium hyaluronate, tocopheryl acetate, retinyl palmitate, glycine soya, imidazolidinyl urea, sodium dehydroacetate

Aellas Clean



Contents

Aqua, hamamelis virginiana, aloe barbadensis, glycerin, olive oil PEG-8 esters, bisabolol, laureth-9, escin, sodium lactate, PEG-40 hydrogenated castor oil, lactic acid, melaleuca alternifolia, imidazolidinyl urea, PEG-14 dimethicone, polyquaternium-44, parfum, sodium dehydroacetate, citronellol

Aellas Clean are anti-inflammatory, lenitive and refreshing 'intelligent' towellettes, used for removing peeling products.

Aellas Clean is to be used topically on face, neck, décolletage and/or forearms, before and after chemical peeling treatment to clean and/or neutralise, sooth and refresh peeling treated areas.

INSTRUCTION FOR USE

- Gently apply the towellettes topically on the treated areas until the skin surface has been thoroughly cleansed.



SUMMARY

Recommended Treatment by Product

Product	Key Active Ingredients	Indication	Treatment end-point Approx. treatment time	No. of sessions per treatment/ No. of treatments per year
Aellas Glyco-Eye	Glycolic acid Lactic acid	Skin texture improvement, reduction of fine wrinkles, scars, sun or age spots	Even erythema, approx. 2-3 minutes Needs to be neutralized	4-6 Twice a year
Aellas Glyco-50	Glycolic acid, Citric acid	Skin texture improvement, reduction of fine wrinkles, scars, sun or age spots	Even erythema, approx. 2-10 minutes Needs to be neutralized	4-6 Twice a year
Aellas Jessner	Lactic acid , Salicylic acid, Resorcinol Resveratrol	Rejuvenation, skin texture improvement, sebaceous hyperplasia, chertosis, melasma and pigmentary alterations, acne	Mild uniform erythema, uniform crystallization, time not critical. Recommendations approx. 3-5 minutes. No neutralization.	3-4 Twice a year
Aellas TCA-25	Trichloroacetic acid (25%)	Seborrhoic and senile chertosis, scars and cheloides, lentigos, elastosis and moderate photodamage	Even frosting, approx. 1-3 minutes No Neutralization.	1-2 (the 2nd no less than 3-4 months after 1st) One per year
Aellas Salic-25	Salicylic acid	Seborrhoic and senile chertosis, comedones, cheloides, elastosis, scars and acne	Homogeneous, white and thick crystallization, approx. 1-3 minutes No Neutralization	3-4 Twice a year

Recommended Treatment by Indication

Indication	Product	Comments
Photodamage - mild to moderate	Combination of Jessner + Glyco-50 TCA-15 (mild) TCA-25 (moderate)	
Melasma	Jessner Salic-25 Combination of Salic-25 + TCA-15	Melasma is difficult to treat effectively. Jessner is a good start of all depigmentations treatments
Acne scarring	Combination of Salic-25 + Glyco-50 TCA-15 TCA-25	
Face rejuvenation	Combination of Jessner + Glyco-50	Jessner enhances the penetration of Glyco-50
Face rejuvenation (stronger treatment)	Combination of Jessner + TCA-15 Combination of Jessner + TCA-25	Combination gives a medium-deep penetration
Actinic keratoses	Combination of Glyco-50 + TCA-25	Glyco-50 as maintenance treatment
Stretch marks	TCA-15/25 + Glyco-50	
Hand rejuvenation	Glyco-50 Combination of Glyco-50 and TCA-25	TCA-25 can be applied as spot treatment



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