

# MD

PRE + POST CARE PROGRAMME

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**A 4-step Pre and Post Care  
Programme designed to promote  
healing and improve results of  
surgical procedures**

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# SkinadeIMD<sup>®</sup> Pre and Post Care Programme

The SkinadeIMD<sup>®</sup> Pre and Post Care Programme has been specifically designed to help patients prepare and recover from plastic and aesthetic surgical or invasive procedures improving results and lowering associated downtime.

SkinadeIMD<sup>®</sup> Pre and Post Care Programme is only available from approved plastic, aesthetic and reconstructive surgeons and approved doctors. It is usually introduced at the first consultation phase at least 24 days prior to a confirmed procedure date. Make sure to ask your surgeon about SkinadeIMD<sup>®</sup> for improved procedure results at your surgical consultation.



# What is SkinadeIMD<sup>®</sup> Pre and Post Care?

SkinadeIMD<sup>®</sup> Pre and Post Care Programme is a product that works from the inside to improve aesthetic surgical results and lower associated post procedure downtime. The programme consists of the following six items:



**15 x SkinadeIMD<sup>®</sup> Pre Care Formula Powder Sachets**  
(dose: one per day)



**15 x SkinadeIMD<sup>®</sup> Post Care Formula Powder Sachets**  
(dose: one per day)



**15 x SkinadeIMD<sup>®</sup> Pre Care & Post Care Formula Capsules**  
(dose: one each per day)



**30 x Skinade – Better Skin from Within<sup>®</sup> Liquid Sachet**  
(dose: one per day)



**1 x 25ml / .85fl oz Bottle SkinadeIMD<sup>®</sup> Oral Spray**  
(dose: three sprays 4-5 times per day or as directed by your surgeon)



# How SkinadeIMD® Pre and Post Care Programme works

SkinadeIMD® Pre and Post Care Programme works by targeting specific issues associated with surgical intervention such as bruising, swelling, scarring, inflammation and bleeding.

The SkinadeIMD® Pre and Post Care Programme was developed with leading aesthetic, plastic and reconstructive surgeons committed to clinical excellence. SkinadeIMD® Pre and Post Care Programme covers a 45-day period and consists of a specific 4-step protocol.

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When the skin is wounded the body triggers the natural wound healing response. This triggers the fibroblast cells in the body to manufacture the precious compound collagen that the body uses to repair connective tissue damage. In surgery this response is not activated prior to deliberate incision; this is too late. Step 1 of our protocol delivers 2kDal collagen peptides to the dermis. This feedback mechanism triggers a targeted wound healing response ahead of surgery so that the body is already providing the key materials to promote better and quicker healing, ensuring reduced downtime and better results.

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Avoiding excess bleeding and bruising associated with surgery is a key step to lowering downtime. Therefore, in-clinic surgical protocols usually call for the removal of omega and B vitamin containing compounds. For this reason, SkinadeIMD® removes these 'impact' items from day 16. In parallel, SkinadeIMD® Pre Care begins to support and prepare the body with actives to reduce scarring and scar thickening, inflammation and histamine response whilst supporting optimum re-modelling of connective tissue, collagen and elastin formation. Step 2 also supports the immune system and the digestive system (both are placed under increased stress through associated trauma) and detoxification.

3

Post procedure we continue to support the mechanisms from Step 2. Vitamin A plays a key role in supporting normal cell proliferation (key during the recovery phase). At this stage, the oral spray delivers 8 key ingredients sublingually, designed to reduce bruising, oedema, swelling and scarring whilst supporting wound healing and lymphatic drainage. Importantly, vitamin K1 is also included via sublingual delivery to support normal coagulation.

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From day 31 Omegas 3 and 6 and our vitamin B complex are reintroduced to the body to support and re-establish normal skin function. It is now vital to supply the soon to be depleted peptide load in the dermis to maintain the fibroblast cells in an active state to continue the production of collagen for optimum healing and results.

## The benefits

Including Skinade|MD® Pre and Post Care Programme into surgical protocols results in:

- ✓ **Reduced swelling**
- ✓ **Reduced bruising**
- ✓ **Less bleeding**
- ✓ **Reduced scarring**
- ✓ **Quicker healing**
- ✓ **Reduced downtime**
- ✓ **Superior results**

Patient response will vary but, providing the body with specifically selected active ingredients will enhance results and lower downtime.

*“As a plastic surgeon, I am excited by the Skinade|MD® launch, which will enhance my patients’ experience for better results and reduced downtime.”*

**Mr Dalvi Humzah**  
Consultant Plastic Surgeon

## The ingredients



### Skinade – Better Skin from Within® Liquid Sachet

#### Collagen Peptide

7000mg 2kDal collagen peptide triggers fibroblast cells and HAS2 receptors to produce collagen and hyaluronic acid production in the dermis.

#### Flaxseed Oil (Omega 3 and 6)

These essential fatty acids lower inflammation and regulate oil production and increase hydration levels.

#### Methylsulfonylmethane (MSM)

Vital to elastin production and preventing collagen fibrosis and crosslinking. Plays an important role in connective tissue repair and remodelling. Powerful detox agent and anti-inflammatory.

#### Vitamin C (as Calcium Ascorbate)

Vital to fibroblast cells producing collagen. Powerful antioxidant.

#### L-Lysine

Essential amino acid. Helps integrate collagen at a cellular level and is a powerful immune system booster.

#### Vitamin B Complex

Vital antioxidant compound. Supports nutrient delivery through optimizing capillary dilation. Low moods post-surgery are possible; B6 and B12 are known as 'feel good' vitamins.

## SkinadeIMD® Pre and Post Powder Sachet Actives



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### Natural Mixed Carotenoids

Converted into vitamin A to reduce oxidative damage to DNA. Vitamin C helps to maintain carotenoids in tissues.

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### Sodium Selenite

Selenium helps inhibit the oxidation of lipids by supporting the enzyme Glutathione.

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### L-Lysine

Key factor to collagen synthesis and assimilation. A powerful antiviral compound which supports the immune system.

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### Zinc Gluconate

Powerful immune booster. Vital for skin healing - matrix metalloproteinases (MMPs) are a family of zinc-dependent proteins involved in tissue remodelling and wound healing. Key to enzyme production including the powerful superoxide dismutase.

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### Methylsulfonylmethane (MSM)

Involved in connective tissue remodelling and repair and a key to elastin and collagen production. Lowers inflammation.

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### Vitamin C-Calcium Ascorbate

A vital component to collagen synthesis. Antioxidant. Supports immune function.

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### Papain

Helps relieve pain and swelling (inflammation) as well as fluid retention following trauma and surgery.

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### N-Acetyl-L-Cysteine

Cysteine is present in alpha-keratin constituent of fingernails, skin and hair. Helps to detoxify harmful toxins. Precursor of glutathione, which is a powerful antioxidant that has an anti-ageing effect on the body. Promotes healing after surgery and severe burns. It works best when taken with selenium.

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### L-Glutamine

The most abundant amino acid found in muscle tissue. Plays an important role in metabolic response to injury and protein synthesis by increasing available nitrogen.

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### Copper Bisglycinate

Contributes to collagen and elastin synthesis. Zinc and vitamin C are essential to synergistic functioning.

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### Magnesium Citrate

Can help to mitigate postoperative pain.

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### Vitamin A-Retinol Acetate

Necessary for growth, differentiation and maintenance of epithelial tissues. Low Vitamin A levels are associated with excess keratin secretion rendering membranes hard, dry and unable to carry out normal functions. Regulates normal cell proliferation.

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### Bromelain

Bromelain reduces oedema, bruising, pain, and healing time following trauma and surgical procedures. Bromelain should be taken in conjunction with quercetin to increase absorption (included in formula).

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### Calcareous Marine Algae

Potent provider of calcium. Key to functionality of dependent magnesium.

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### Nettle Leaf 2% Silica Powder Extract

Silica (SiO<sub>2</sub>) is necessary for the formation of collagen and connective tissue after surgery.

## SkinadeIMD® Pre and Post Capsule Actives



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### Citrus Bioflavonoids

Help to reduce swelling and bruising. Essential for vitamin C absorption and synergistically protect and repair capillaries. Anti-viral properties support the immune system.

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### Quercetin Dihydrate

Inhibits histamine response and lowers inflammation. Helps to prevent fibrosis (scarring) during healing.

## SkinadeIMD® Post Care Oral Sublingual Spray Liquid Actives



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### Arnica Montana

Targets bruising and swelling.

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### Hypericum perforatum

Targets pain and discomfort.

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### Calendula Officinalis

Designed to promote wound healing.

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### Staphysagria

Designed to improve surgical wounds.

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### Cardus Marianus

Targets lymphatic drainage.

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### Thiosinaminum

Designed to reduce scarring.

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### Graphites

Designed to reduce scarring.

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### Vitamin K1

Targets bruising and coagulation.

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**NB – The SkinadeIMD® Pre and Post Care Programme protocol avoids active ingredients that increase bleeding potential such as B vitamins and Omegas at time specific stages of the protocol, to ensure and maximise surgical compliance.**

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