

EXTRACTION GUIDE

LEARN EXTRACTIONS

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HELLO *There*

I'M LURINDA

Born with a passion for beauty and a desire to make a difference, I dedicated my life to professional somatology and clinical aesthetics. With an illustrious career spanning over two decades, I have become a prominent figure and a pioneer leader in this dynamic industry.

I began my unwavering commitment to bridging the gap between beauty and clinical aesthetics. Recognizing the need for a holistic approach to skincare, she embarked on a quest to acquire knowledge and expertise from renowned institutions from around the world, through my extensive training and relentless pursuit of excellence. I have helped many individuals like yourself to set-up for business success and new careers.

Lurinda Swanepoel
CEO & EDUCATOR

**"Education is
the compass
that guides us
through the
uncharted
territories of
knowledge."**

GETTING THE GOODIES READY

THE MAGLAMP

A magnetic stirrer with a heating function, often called a "maglamp," is essential for extractions because it allows for efficient mixing and heating of solutions. This is crucial in processes like liquid-liquid extractions, where thorough mixing enhances the transfer of solutes between immiscible phases. Additionally, heating facilitates the separation of compounds based on their solubility, improving extraction efficiency. Overall, the maglamp streamlines the extraction process, leading to better yields and purity of the desired substances.

EXTRACTION TOOLS

Facial pimple extraction tools are implements designed to safely remove pimples, blackheads, and other skin imperfections. They typically include tools like comedone extractors, which have loops or lancets to extract debris from pores. These tools can help prevent scarring and infection by providing controlled extraction. However, it's important to use them carefully to avoid damaging the skin.

DISPOSABLES

When performing facial pimple extractions, ensuring a sterile environment is paramount to prevent infections and skin complications. Disposable items play a crucial role in maintaining this cleanliness throughout the process. Alcohol swabs are used to sterilize the skin before and after extraction, minimizing the risk of introducing bacteria. Cotton swabs or pads are employed to apply the alcohol and gently clean the area, while gauze pads help apply pressure post-extraction to stop any bleeding. Disposable gloves are essential to maintain hygiene standards, preventing the transfer of bacteria from the hands to the skin.





COMEDONES AND SEBACEOUS FILAMENTS

Comedones are a prevalent and often bothersome skin concern, encompassing two primary types: open comedones (blackheads) and closed comedones (whiteheads). Let's delve into the characteristics, differences, and management of these common skin issues:

Blackheads, scientifically termed open comedones, represent a prevalent form of acne lesion characterized by the obstruction of hair follicles with a combination of dead skin cells, sebum (oil), and bacteria. Contrary to common belief, the name "blackhead" doesn't signify dirt; instead, it refers to the dark appearance at the skin's surface, arising from the oxidation of melanin (skin pigment) when exposed to air.

These formations exhibit distinctive characteristics. The open pore at the skin's surface distinguishes blackheads, allowing the trapped material to be exposed to air. The dark color is a result of melanin oxidation, not the inherent hue of the enclosed substance. Blackheads often present a raised appearance and may feel slightly uneven to the touch, typically manifesting in areas like the T-zone, including the forehead, nose, and chin.

1. Open Comedones (Blackheads):

Appearance: Blackheads derive their name from their distinctive black or dark appearance. They manifest as small, open pores filled with a mixture of oil, dead skin cells, and melanin. The black coloration results from the oxidation of this material when exposed to air.

Texture: Blackheads have a slightly raised texture on the skin surface, and the material within the pore is often more visible.

2. Closed Comedones (Whiteheads):

Appearance: Whiteheads are characterized by small, flesh-colored or white bumps on the skin. They occur when a hair follicle becomes clogged with a mixture of oil and dead skin cells, and the pore's opening remains closed.

Texture: Whiteheads have a closed or blocked pore, leading to a smoother texture compared to blackheads. The contents of the pore are not exposed to air, preventing oxidation.

Distinguishing Factors:

Color: The primary visual difference between blackheads and whiteheads is the color. Blackheads appear darker due to oxidation, while whiteheads remain a similar color to the surrounding skin.

Open vs. Closed Pores: The key distinction lies in the status of the pore opening. Blackheads have an open pore, allowing the material inside to be exposed, while whiteheads have a closed pore, keeping the contents concealed.

Management and Treatment:

Extraction: Both blackheads and whiteheads can be extracted through gentle manual extraction methods during facials. This involves applying gentle pressure to remove the accumulated material.

Cleansing and Exfoliation: Regular cleansing and exfoliation are essential in preventing the formation of comedones. These practices help remove excess oil and dead skin cells, reducing the likelihood of pore blockage.

Topical Treatments: The use of topical treatments containing ingredients like salicylic acid or benzoyl peroxide can help control and manage comedones. These ingredients work to unclog pores and reduce inflammation.

Sebaceous Filaments: In contrast, sebaceous filaments are integral components of the skin's anatomy, facilitating the transportation of sebum— an oily secretion produced by the sebaceous glands—toward the skin's surface. While they share a superficial resemblance to blackheads, sebaceous filaments differ in their purpose and composition, constituting a normal aspect of skin functionality and not a form of acne.

Sebaceous filaments possess their own set of characteristics, typically appearing as small, pin-like dots on the skin's surface. Unlike blackheads, they maintain a lighter or yellowish-gray coloration and exhibit a softer texture, feeling flat or slightly raised. Commonly found on the nose, cheeks, and forehead, sebaceous filaments are softer and lack the prominent raised appearance of blackheads.

Distinguishing Factors: Understanding the differences between blackheads and sebaceous filaments is crucial for effective skincare. Blackheads originate from follicular blockages, necessitating specific acne treatments, while sebaceous filaments are natural conduits for sebum and do not inherently require intervention. The dark color of blackheads results from oxidation, contrasting with the lighter, often yellowish hue of sebaceous filaments. Texture plays a role as well, with blackheads presenting a more noticeable raised appearance compared to the typically flat or slightly raised texture of sebaceous filaments.

In summary, recognizing the distinctions between blackheads and sebaceous filaments aids in tailoring skincare routines and selecting appropriate products to foster and maintain healthy skin.





UNDERSTAND

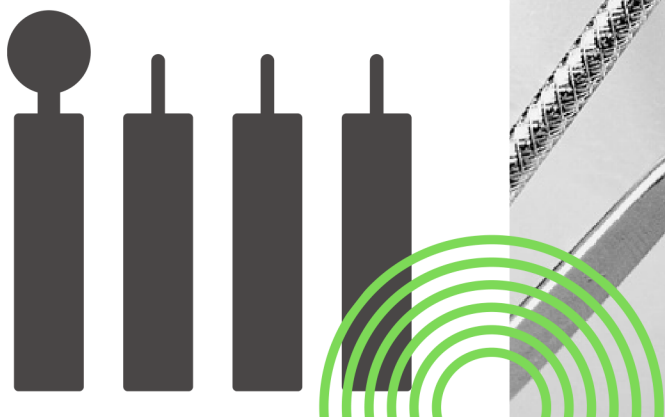
The Extraction Tools

The falcon, also known as a comedone extractor, is a tool designed for the extraction of blackheads and whiteheads. It typically consists of a thin, metal rod with a loop or spoon-shaped end. The loop is gently placed over the pimple or comedone, and pressure is applied to extract the contents without causing damage to the surrounding skin. The use of a comedone extractor helps prevent the risk of infection and scarring.

The round press needle is a specialized tool used in skincare for the purpose of extractions. This instrument is designed to aid in the removal of impurities such as blackheads, whiteheads, and other comedones from the skin. Its distinctive round shape and fine tip allow for precise and controlled pressure during the extraction process.

A micro-lance or lancet is a small, sharp, and sterile blade used to make a small incision in a pimple or cyst before extraction. This tool is particularly useful for deep or stubborn pimples where the content is not easily accessible through the surface.

The bended hook lancet is a specialized tool commonly utilized in skincare practices for the purpose of performing extractions. Estheticians use the bended hook lancet by applying controlled pressure to the targeted area, utilizing the hook to gently lift and release the trapped impurities.



UNDERSTAND

The Tools

Small Hole

This is used on stubborn pores, blackheads.

Wide Loop

This tip is used for large acne lesions and large open pores

Small Loop

Used to clean out after large loop was used.

Curved Tweezer

Help to reach hard areas, remove stubborn harden blackheads, and sebaceous filaments.

Sharpe Needle

This use used to pierce open an lesions or pore opening.

Sharpe Needle

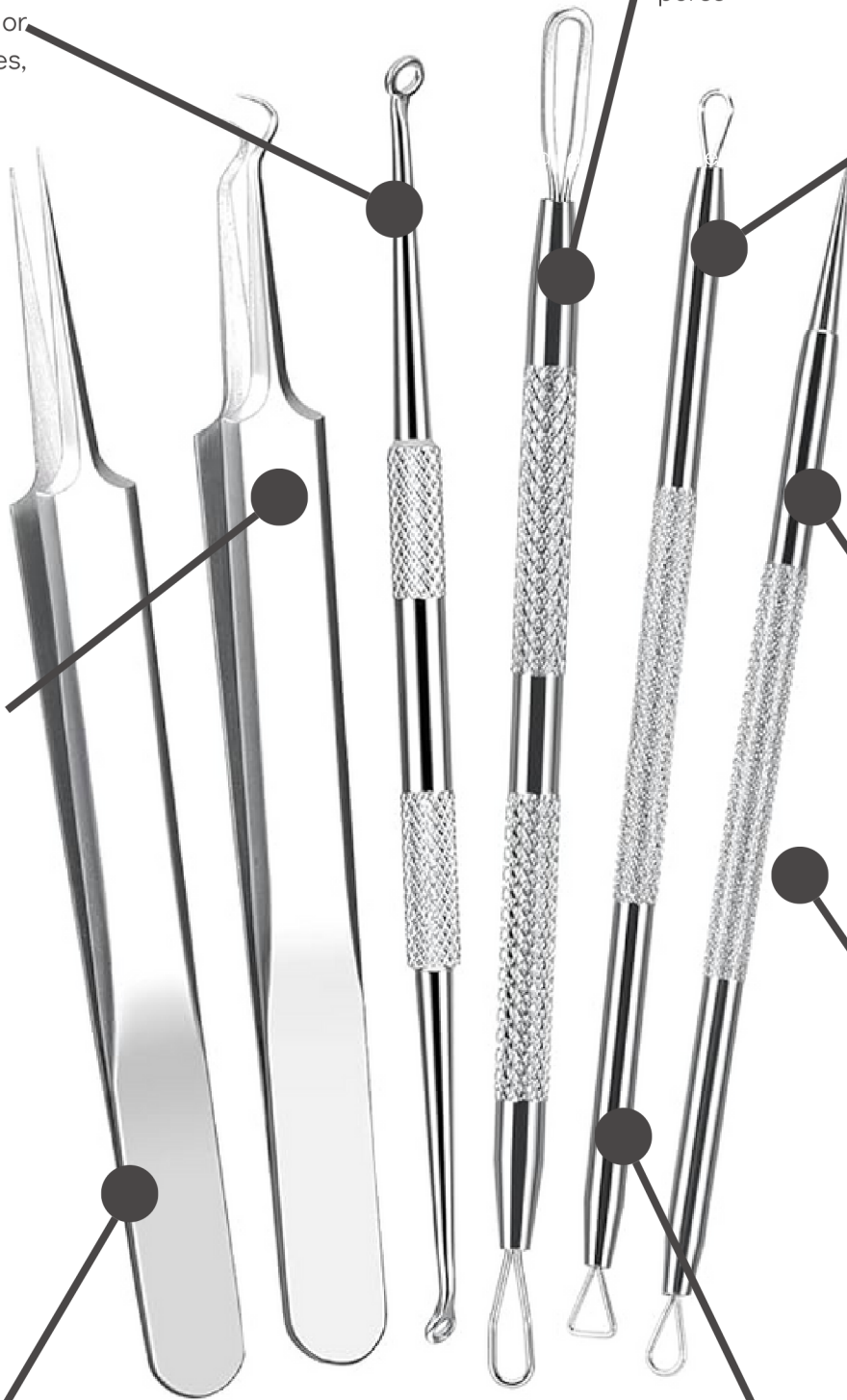
This use used to pierce open an lesions or pore opening.

Sharp Tweezers

This is used to help grab hardened keratin out of the pore.

Curved Loops

Used for hard to reached areas, blackheads, and pore cleaning.



STEP BY STEP Protocol

1. Consultation and Skin Analysis: Begin by conducting a consultation to understand the client's skin concerns and medical history. Perform a thorough skin analysis to identify any specific issues, such as acne, blackheads, or whiteheads, that may require extraction.

2. Cleansing: Start by cleansing the client's skin using a gentle, pH-balanced cleanser appropriate for their skin type. This removes surface impurities, excess oil, and makeup, preparing the skin for extraction. Massage the cleanser in gentle circular motions, then rinse with lukewarm water and pat the skin dry with a clean towel.

3. Steam: Apply steam to the client's face for 5-10 minutes. Steam helps to open up the pores, making extraction easier and less painful. It also softens the skin and loosens debris trapped within the pores, facilitating the extraction process.

4. Exfoliation (Optional): If the client's skin is not sensitive or inflamed, consider performing a gentle exfoliation using a chemical or enzymatic exfoliant. This helps to remove dead skin cells and further loosens debris, allowing for more effective extraction. However, avoid aggressive physical exfoliation methods, as they can irritate the skin and exacerbate inflammation.

5. Extraction: Using sterile extraction tools such as comedone extractors, carefully remove blackheads, whiteheads, and other impurities from the skin. Apply gentle pressure around the affected area to expel the contents of the pore without causing trauma to the surrounding skin. Avoid over-extraction, as this can lead to redness, irritation, and potential scarring.

6. Calming and Soothing: After extraction, apply a calming or soothing toner to the skin to help reduce inflammation and restore the skin's pH balance. Ingredients such as witch hazel, chamomile, or aloe vera can help soothe the skin and minimize redness.

7. Hydration: Finish the extraction process by applying a lightweight, non-comedogenic moisturizer to hydrate the skin without clogging pores. Look for moisturizers containing ingredients like hyaluronic acid or ceramides to help maintain the skin's natural moisture barrier.

8. Sun Protection: Advise the client to apply a broad-spectrum sunscreen with SPF 30 or higher to protect their skin from UV damage after the extraction process. Sunscreen is essential to prevent post-inflammatory hyperpigmentation and protect the skin's healing process.





YOUR SKIN
WAITS

THANK YOU

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