

Overview

This standard coexists alongside, **SKANSC1: Implement and maintain safe, hygienic and effective working practices during elective non-surgical cosmetic procedures** and **SKANSC2: Consult, assess, plan and prepare for elective non-surgical cosmetic procedures within the working environment**. This standard is for advanced aesthetic practitioners carrying out cryotherapy facial procedures to rejuvenate the skin. Cryotherapy is achieved using a cryotherapy instrument that hosts a capsule that emits and regulates a stream of nitrous oxide gas at a safe temperature onto the skin. This action constricts the blood vessels and on release vasodilation occurs, stimulating a surge of blood flow bringing more nutrients and oxygen to the skin. You will also be required to do a post procedure evaluation and reflection for continuous improvement. The aesthetic practitioner must have a First Aid at Work qualification or equivalent, and be able to carry out the functions within SFHCHS36: Basic life support and have access to life support equipment, as identified in the complication management plan. Users of this standard will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance.

The main outcomes are:

1. Provide a cryotherapy facial to rejuvenate the skin

Performance criteria

You must be able to:

1. carry out a concise and comprehensive consultation with the individual
2. maintain your responsibilities for health and safety in accordance with legislation, regulations, directives and guidelines
3. discuss and establish the individual's objectives, concerns, expectations and desired outcomes to inform the cryotherapy facial procedure plan, to include:

3.1 **skin classification**, characteristics and condition

3.2 previous exfoliation treatments

3.3 previous non-surgical cosmetic procedures

3.4 alternative treatment options

3.5 preparatory skin treatment

3.6 post skin treatment

1. confirm and agree with the individual, they have understood the proposed cryotherapy facial procedure, to include:

4.1 contra-actions

4.2 **adverse reactions**

1. obtain and record the individual's informed consent for the cryotherapy facial procedure, allowing an adequate time scale for the individual to make an informed choice
2. carry out the preparatory skin treatment, in accordance with the **cryotherapy facial procedure protocol **
3. select an effective hygiene preparation product to meet the individual's needs in accordance with the manufacturer instructions, to include:

7.1 ensuring the skin is clean and dry prior to the cryotherapy facial procedure

1. prepare the individual's treatment area in accordance with the cryotherapy facial procedure protocol, to include:

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8.1 ensuring the individual's eyes are protected with safety goggles in accordance with legislative requirements and manufacturer instructions

1. prepare the cryotherapy instrument and capsules in accordance with the skin classification, characteristics, individual's objectives and the cryotherapy facial procedure protocol
2. carry out the cryotherapy facial procedure in accordance with the cryotherapy facial procedure protocol, to include:

10.1 even coverage of the individual's treatment area

1. monitor the individual's health, wellbeing and skin reaction throughout the cryotherapy facial procedure, to include:

11.1 measure the individual's skin temperature continuously in accordance with the cryotherapy equipment manufacturer's instructions and individual's skin response to the liquid nitrogen gas

1. implement the correct course of action in the event of an adverse reaction
2. carry out post skin treatment in accordance with the cryotherapy facial procedure protocol
3. conclude the procedure in accordance with the cryotherapy facial procedure protocol, legislative requirements and organisational policies and procedures
4. take and store consensual visual media of the individual's treatment area in accordance with insurance requirements, organisational policies and procedures
5. complete the individual's cryotherapy facial procedure record and store in accordance with data legislation
6. use reflective practice to evaluate the cryotherapy facial procedure and take appropriate action
7. provide **instructions** and advice to the individual, pre and post procedure
8. record the outcome and evaluation of the cryotherapy facial procedure to agree and inform future procedures
9. discuss and agree future procedures with the individual

Knowledge and understanding

You need to know and understand:

1. the importance of collaboration with competent professionals to support effective and safe working practices
2. your role and responsibilities in providing cryotherapy facial procedures and the importance of working within your competence
3. why you must comply with ethical practice and work within the legislative requirements, to include:
 - 3.1 the responsibilities under local authority licensing regulations for yourself and your premises
 1. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
 2. the **anatomy and physiology** relevant to this standard
 3. the relative and absolute contraindications relevant to cryotherapy facial procedures
 - 6.1 the legislative and insurance requirements for obtaining medical diagnosis and referral
 - 6.2 how and when to communicate and/or refer to other non-healthcare and health care professionals
 1. the importance of recognising suspicious skin irregularities and lesions, and referring to a relevant healthcare professional
 2. how and why vasoconstriction and vasodilation occurs in cryotherapy facial procedures
 3. the benefits, limitations and associated risks from cryotherapy procedures
 4. the relative and absolute contraindications relevant to cryotherapy facial procedures
 - 10.1 the legislative and insurance requirements for obtaining medical diagnosis and referral
 - 10.2 how and when to communicate and/or refer to other non-healthcare and health care professionals
 1. the chronological skin ageing process and the relationship to intrinsic and

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extrinsic factors

2. the sourcing, storage, handling, usage and disposal of a cryotherapy instrument and capsules in accordance with the manufacturer's instructions and legislative requirements, to include:

12.1 the temperature in which nitrous oxide should be stored

1. the importance of considering individual's physical and psychological wellbeing for the cryotherapy facial procedure

2.

the preparatory and post skin treatments that can be used in conjunction with a cryotherapy facial procedure

3.

the adverse reactions associated with a cryotherapy facial procedure and how to respond

4. the health and safety responsibilities in line with legislation before, during and after the cryotherapy facial procedure

5. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the cryotherapy facial procedure plan

6. the importance of using **visual aids** to inform the individual of the physical effects

7. the fee structures and treatment options

8. the legislative and indemnity requirements of gaining signed, informed consent for the cryotherapy facial procedure

9. the importance of adhering to the cryotherapy facial procedure protocol

10. how to prepare the cryotherapy equipment and select the intensity of liquid nitrogen to be used in accordance with the skin classification, characteristics, the individual's objectives and the individual's treatment area

11. the types of hygiene products for the skin and the importance of following manufacturer instructions

12. why the skin must be clean and dry pre a cryotherapy facial procedure

13. how to carry out the cryotherapy facial procedure in accordance with the cryotherapy facial procedure protocol, to include:

25.1 the importance of sufficient eye protection for the individual

1. the reasons for working systematically to cover the individual's treatment area, in accordance with the cryotherapy facial procedure protocol

2. the importance of monitoring the health and wellbeing of the individual during,

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- and post procedure
3. how to implement the correct course of action in the event of an adverse reaction
 4. the post procedure products that protect, enhance healing and restorative effects, in accordance with manufacturer instructions
 5. the reasons for taking consensual visual media of the individual's treatment area, and storing in accordance with the service, legislative, insurance and organisational requirements
 6. the legislative and regulatory requirements of completing and storing the individual's cryotherapy facial procedure record
 7. the expected outcomes of an cryotherapy facial procedure
 8. the purpose of reflective practice and evaluation and how it informs future procedures
 9. the importance to record the outcome and evaluation of the cryotherapy facial procedure
35. the instructions and advice, pre and post the cryotherapy facial procedure

Scope/range related to performance criteria

Skin classification

1. Fitzpatrick scale
2. Glogau photo-damage
3. Lancer scale
4. Phenotype and genotype

Adverse reactions

1. hyperaemia
2. frost bite
3. ice burns
4. numbness
5. tingling sensation
6. irritation
7. allergic reaction
8. excessive histamine reaction

Cryotherapy facial procedure protocol

1. working environment
2. health and safety
3. risk management plan
4. infection prevention and control
5. complication management
6. procedure plan
7. informed consent
8. data management
9. manufacturer instructions
10. test outcomes
11. audit and accountability
12. instructions and advice
13. sustainability
14. waste management
15. evidence-based practice
16. reflective practice

Instructions

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1. the individual and aesthetic practitioner's legal rights and responsibilities
2. complication management
3. post procedure expectations and associated time frames
4. pre and post procedure instructions and care
5. restrictions and associated risks
6. future procedures
7. complaints procedure or concerns protocol

Scope/range related to knowledge and understanding

Anatomy and physiology

1. the structure and function of the body systems and their interdependence on each other
2. relative and absolute contraindications and pathologies
3. the ageing process of the skin including the effects of genetics, lifestyle and environment
4. the variances and location of skin thickness and areas to avoid within a cryotherapy facial
5. the physiological effects and benefits of cryotherapy facial
6. the compromised skin barrier function and skin regeneration processes

Visual aids

1. illustrative images
2. illustrative diagrams

Glossary

Absolute contraindication

An absolute contraindication is a condition that prevents the service from being carried out and may require referral.

Adverse reaction An adverse reaction is an 'unexpected' reaction or outcome following a service, i.e. fainting

Anatomy and Physiology

How the skeletal, muscular, circulatory, lymphatic, respiratory, excretory, digestive, endocrine and nervous systems interact with each other and how they impact the individual, service and outcomes.

Contra action A contra-action is an 'expected' reaction or outcome following a service, i.e. erythema

Evidence-based practice

Evidence-based practice is based on the best available, current, valid and relevant evidence.

First aid

First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.

Protocol

A protocol is a standard procedure to ensure best practice and compliance when providing services, i.e. follow manufacturer's instructions.

Relative contraindication

A relative contraindication is a condition that requires an assessment of suitability for the service and/or if adaptations are required.

Visual media

Visual media is evidence generated through photography or video.

SKANSC12

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Links to other NOS

SKANSC1.2, SKANSC2.2, SKANSC10, SKANSC11 SKANSC13

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