

One of the most natural ways  
to *beautiful* skin.



PATIENT HANDBOOK



## β-LIFTx® (Beta-Lift®)

β-LIFTx® is an extraordinary skin renewal agent from TxSystems® by Doak Dermatologics.

β-LIFTx® is powerful. It impressively outperforms traditional superficial chemical peels. And, unlike those peels, β-LIFTx® does not wound the skin.

β-LIFTx® is an innovative formulation that disperses salicylic acid as microcrystals. These microcrystals are able to reach into and affect even the tiniest lines and imperfections. β-LIFTx® targets precisely the areas that need improvement.

β-LIFTx® is a five-minute procedure which brings about renewal by lifting the dead cells off the surface of your skin. This stimulates reproduction in the cells underneath. With β-LIFTx® you can quickly achieve substantial improvement in the appearance of superficial lines and uneven pigmentation, while making your skin look and feel softer, smoother, and better moisturized. Even acne scars and enlarged pores may become less noticeable.

## β-LIFTx® PRE-LIFT INSTRUCTIONS

Between now and the time of your β-LIFTx® procedure, you should be sure to treat your skin gently. By doing so, you will be more likely to achieve optimal results with minimal discomfort.

For best results, it is advisable to avoid the following products and

procedures during the week leading up to your β-LIFTx® procedure:

- Retinol (AFIRM®)
- Tretinoin (Retin-A®, Renova® or Avita®) or other retinoid (Differin® or Tazorac®)
- Waxing
- Electrolysis
- Masks
- Loofah (or any other exfoliating products)
- Any products that may be drying or irritating (including products containing salicylic acid or an alpha hydroxyacid, such as glycolic acid)

Additionally, make sure you have discussed these issues with your dermatologist:

- Expectations for improvement
- Medications you are using (topical or oral)
- Prior sun sensitivity or allergic reactions, including allergy to aspirin
- Previous “peeling” procedures
- Previous plastic surgery procedures
- History of skin conditions
- History of viral infections, including herpes simplex (cold sores)
- Pregnancy or nursing

If there is anything on the preceding list that you forgot to mention when you talked to your dermatologist about β-LIFTx®, please make her or him aware of it before you proceed with the β-LIFTx® procedure.

Finally, to ensure even penetration and minimal discomfort, please try to arrive at your dermatologist’s office free of any make-up, perfume, cologne, or aftershave. For men, it is best not to shave within a few hours prior to or after the β-LIFTx®. Also, be prepared to remove your contact lenses prior to the procedure.

## ANSWERS TO COMMON QUESTIONS

### What is $\beta$ -LIFTx<sup>®</sup>?

$\beta$ -LIFTx<sup>®</sup> is a major scientific advance.  $\beta$ -LIFTx<sup>®</sup> is a unique formulation containing salicylic acid with patented MICROSPONGE<sup>®</sup> technology. Unlike traditional chemical peels,  $\beta$ -LIFTx<sup>®</sup> delivers outstanding results without risking injury to the skin. This is accomplished by “lifting” the dry, dead cells off the surface of the skin and stimulating the process of skin renewal.

### What is salicylic acid?

Salicylic acid occurs naturally in the bark of the willow tree. It is also known as beta hydroxyacid. It has been discovered that carefully formulated preparations with high concentrations of salicylic acid will gently exfoliate the dead cells on the surface of the skin to reveal fresh skin underneath. Salicylic acid then stimulates the skin's natural processes to promote regeneration and renewal of the skin, promoting a more youthful appearance.

### What is a MICROSPONGE<sup>®</sup>?

A MICROSPONGE<sup>®</sup> is a tiny spherical polymer which is an essential part of the  $\beta$ -LIFTx<sup>®</sup> formulation. The MICROSPONGE<sup>®</sup> system facilitates an even application of  $\beta$ -LIFTx<sup>®</sup> on the skin and allows the salicylic acid to reach the smallest crevices on the skin's surface.

### How does $\beta$ -LIFTx<sup>®</sup> work?

$\beta$ -LIFTx<sup>®</sup> works in two ways. First, it dissolves the “glue” that binds the dead cells together on the surface of your skin. By dissolving this glue,  $\beta$ -LIFTx<sup>®</sup> is able to lift these dead cells from the surface to reveal the fresh cells underneath. The result is an immediate improvement in the smoothness and radiance of your skin.

Second, by lifting the dead cells,  $\beta$ -LIFTx<sup>®</sup> stimulates the living cells in your skin to reactivate the natural renewal process. This natural process becomes disrupted by years of photodamage (damage from the sun and environmental insult). Reactivation of natural renewal will lead to long-lasting skin health and vitality.

### How does $\beta$ -LIFTx<sup>®</sup> differ from other chemical peels?

$\beta$ -LIFTx<sup>®</sup> has important advantages over traditional chemical peels. Unlike these other peels,  $\beta$ -LIFTx<sup>®</sup> does not damage the deeper, healthy skin cells. This means that you can continue to have regularly scheduled  $\beta$ -LIFTx<sup>®</sup> treatments for as long as you want. Over time,  $\beta$ -LIFTx<sup>®</sup> will not only rejuvenate the appearance of your skin, but will allow your skin to build and maintain a healthy barrier against the environment — one of the skin's primary roles.

### Can anyone be treated with $\beta$ -LIFTx<sup>®</sup>?

$\beta$ -LIFTx<sup>®</sup> is suitable for patients of all skin types and can be helpful to any patient, no matter how severe their photodamage. A consultation with your dermatologist will help you set realistic expectations regarding the improvements you can expect based on the current condition of your skin. For people with severe photodamage,  $\beta$ -LIFTx<sup>®</sup> can be used as part of a more extensive program prescribed by their dermatologist.

Patients at greater risk of adverse reactions include those who are allergic to aspirin, those with active herpes simplex (cold sores) or any other viral infection, those with collagen disease or autoimmune disorder, Accutane<sup>®</sup> (isotretinoin) users, and patients who have recently had plastic surgery, a chemical peel, or radiation treatment.

Some conditions that may require special care instructions from your dermatologist include: allergies, sun sensitivity, atopic skin reactions, seborrheic dermatitis, and eczema.

β-LIFTx® has not been tested on pregnant women or nursing mothers. Your physician should be consulted before beginning any treatment if you are pregnant or nursing.

### What happens during the β-LIFTx® procedure?

First, you will be asked to gently wash your face with a mild cleanser. At this time, you will also need to remove your contact lenses if you wear them. Next, your face will be wiped with a PreCleanse pad to remove the oils and cellular debris from the surface of your skin. PreCleanse is balanced to facilitate the action of the β-LIFTx®.

With your skin prepared, the β-LIFTx® is applied. Application will take about 30 seconds to one minute. During the first minute or two after application, you will experience some minor discomfort which will increase as the β-LIFTx® penetrates your skin and begins to stimulate renewal. Simultaneously, a translucent mask will gradually appear on your face.

At two to three minutes your level of discomfort will reach a peak and then quickly diminish.

Four to five minutes after application, the β-LIFTx® mask will be completely formed and discomfort will reduce to virtually zero. This is the end of the β-LIFTx® procedure.

Gently rinse off the β-LIFTx® mask with cool water or a gentle cleanser. You may experience a brief (15 to 30 second) tingling

sensation when β-LIFTx® is rinsed off. Generously apply a mild moisturizing lotion to the entire treated area.

### What improvements can I expect to see with β-LIFTx®?

The initial β-LIFTx® treatment will remove the dead cells on the surface of your skin. This stimulates the process of natural skin renewal. Immediately after the first treatment, your skin will appear more radiant and feel softer and smoother. In addition, you may begin to notice a softening of superficial lines, evening of pigmentation, fading of dark spots, and diminution of enlarged pores and acne-induced scars. Conditions such as acne and rosacea may also improve.

With each additional β-LIFTx® treatment you should see incremental gains in the overall appearance of your skin as the natural renewal process receives further stimulation. You can expect subsequent β-LIFTx® treatments to maintain the improvements in softness, smoothness, and radiance while continuing to diminish the appearance of superficial lines and skin imperfections.

Like all cosmetic treatments for photodamage, β-LIFTx® cannot reverse all of the effects caused by years of sun exposure. You will likely reach a point where the appearance of your skin has reached its maximum level of improvement. At that time, you may wish to schedule your β-LIFTx® treatments less frequently — using β-LIFTx® to maintain the gains you have made and also to periodically freshen the appearance of your skin.

You should discuss with your dermatologist the types of improvements you would like to achieve with β-LIFTx® treatments, the areas where

you would like to see change, the speed with which you expect to see results, and the amount of peeling that will be acceptable to you. Together, you and your dermatologist will be able to set realistic expectations and design a  $\beta$ -LIFTx<sup>®</sup> treatment regimen that is best suited to meeting your needs.

### How will I look and feel after a $\beta$ -LIFTx<sup>®</sup> treatment?

Immediately after the  $\beta$ -LIFTx<sup>®</sup> treatment, many patients notice that their skin feels very smooth. You may also notice that your skin feels tight, and for several minutes you may experience a slight superficial anesthesia to light touch. This is your skin's natural reaction to stimulation by  $\beta$ -LIFTx<sup>®</sup>.

Also, for the next three to seven days, your skin may be more red than usual. You may experience slight stinging, burning, or itching during this time. In addition, your skin may begin to visibly peel one to four days after the  $\beta$ -LIFTx<sup>®</sup> treatment.  $\beta$ -LIFTx<sup>®</sup> stimulates your skin to improve the rate at which it produces new cells and sheds off old ones. Immediately after the  $\beta$ -LIFTx<sup>®</sup> treatment, this stimulus is particularly strong and your skin must adapt to it. The result could be about three days of visible peeling, or your skin might adapt more quickly and not visibly peel at all. Either way, you will be getting the full benefits of the  $\beta$ -LIFTx<sup>®</sup> treatment.

### Are there any negative reactions associated with a $\beta$ -LIFTx<sup>®</sup> procedure?

Like other chemical peels, the  $\beta$ -LIFTx<sup>®</sup> treatment may cause a flare of herpes simplex (cold sores) in patients who have a history of herpes simplex; an acne flare; mild skin inflammation (especially around the sensitive areas of the eyes and mouth); temporary spots of increased

or decreased pigmentation that will naturally resolve themselves within four weeks; or a temporary increase in skin sensitivity. Some patients may also experience considerable peeling.

### Are there any Post-Lift Patient Instructions?

After the  $\beta$ -LIFTx<sup>®</sup> treatment you should follow a few simple guidelines to ensure the optimal renewal of your skin:

1. Apply a mild moisturizing lotion twice daily or as often as needed.
2. If you will be outdoors, apply a broad spectrum sunscreen with at least SPF 15. Avoid prolonged sun exposure between 10 am and 3 pm, when the sun's rays are strongest.
3. When washing your face, do not scrub and use a gentle, soapless cleanser such as Cetaphil<sup>®</sup>, Dove<sup>®</sup> or formula 405<sup>®\*</sup>. Your dermatologist can also recommend other soapless cleansers.
4. Resist any urge to peel, pick or scratch the treated skin. Scarring could result.
5. Do not have any other facial treatments for at least one week after the  $\beta$ -LIFTx<sup>®</sup> treatment.

A card detailing the Post-Lift Patient Instructions is included in the  $\beta$ -LIFTx<sup>®</sup> treatment kit. Be sure to ask your dermatologist for one after each  $\beta$ -LIFTx<sup>®</sup> treatment.

\*formula 405<sup>®</sup> can be purchased online at [www.formula405.com](http://www.formula405.com).

What is the timing for additional  $\beta$ -LIFTx<sup>®</sup> treatments?

Additional  $\beta$ -LIFTx<sup>®</sup> treatments can be scheduled anywhere from two to six weeks apart, with the average being four weeks between treatments. The timing of  $\beta$ -LIFTx<sup>®</sup> treatments will depend on your skin type, the amount of discomfort you experience, how much your skin peels, and the expectations that you and your dermatologist have agreed upon.

How can I find out more about  $\beta$ -LIFTx<sup>®</sup>?

Your dermatologist should be able to answer most questions you may still have about  $\beta$ -LIFTx<sup>®</sup> after reading this handbook. If your dermatologist is unable to answer any of your questions, please call Doak Dermatologics Customer Service at 1-800-405-DOAK, Monday through Friday, 9 a.m. to 5 p.m., ET.

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## ACKNOWLEDGMENT OF INFORMATION

I have read and understand the material contained in the  $\beta$ -LIFTx<sup>®</sup> Patient Handbook.

I have discussed the  $\beta$ -LIFTx<sup>®</sup> procedure with my dermatologist and have fully disclosed my medical history.

I understand that I should notify my dermatologist before proceeding with  $\beta$ -LIFTx<sup>®</sup> should there be any changes to my health or healthcare practices.

I understand that before proceeding with  $\beta$ -LIFTx<sup>®</sup> I must remove my contact lenses.

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(Patient's Name – please print)

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(Patient's Signature)

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(Date)



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