



كل ما يخص العناية
بالبشرة والتجميل

SKIN CARE AND AESTHETIC MEDICINE

Dr Salam Khalid Al-Ali

MBChB 1992

**Diplomate of American Board of
Aesthetic Medicine** 2016



جامعة بغداد



بناءً على ما عرضته مجلس كلية الطب
وأقره مجلس جامعة بغداد

سيد خالد محمد الراوي

إجازة الدراسة العالية بكالوريوس في الطب والجراحة مقبول
وبهذا أصبح له حق التمتع بكافة ما يحوله هذه الإجازة
من حقوق وامتيازات

أثبتت بعد ذلك في اليوم الأول من شهر صفر سنة ١٤١٢ هـ
الموافق لليوم الثاني من شهر رجب سنة ١٤١٢ هـ

المسجل العام
الأمين الدكتور محمد عبد الله يوسف الشاذلي

The American Board of Aesthetic Medicine

Hereby certifies that

Dr. Salam Khalid Al-Ali

Having complied with all the requirements of this Board, is a

Diplomate of the American Board of Aesthetic Medicine
and is awarded this

Board Certificate

With all the rights, honor and privileges pertaining thereto.



ABAM

[Signature]

Maosha Dang M.D.
Program Director
10 December 2016



شهادة التسجيل
وممارسة
الطبيبة العراقية



بما أن الدكتور سلام خالد الراوي (الطبيب) من جامعة بغداد
بتاريخ ١٩٩٢ قد توفرت فيه الشروط والمصروفات
وقدم الوثائق المطلوبة، فإن مجلس النقابة بموجب السلطة الموكلة له وفقاً للمهام القانونية
المترتبة قد قرر إصدار اسمي سجل النقابة وإصبح ممتعاً بجميع حقوق ولائحته والعضوية
ملزماً بما يفرضه قانون وأنظمة النقابة.

النقيب
الدكتور نايف الحسوفي

صدر في بغداد بتاريخ ١٠/١٠/١٩٩٢



Baghdad University
The Republic of Iraq
COLLEGE OF MEDICINE
BAGHDAD

No. 7773
Date 5-12-1992

Directorate of Missions & Cultural Relations / Baghdad - Iraq

This is to certify that Mr. Salam Khalid Hamed Al- Ali
graduated from this College of Medicine University of Baghdad in the year 1992
With Satisfactory average.

**UNIVERSITY OF BAGHDAD
COLLEGE OF MEDICINE**

Upon the recommendation of the Medical Bord, the University Council
granted.

Mr. / Miss . Salam Khalid Hamed Al- Ali

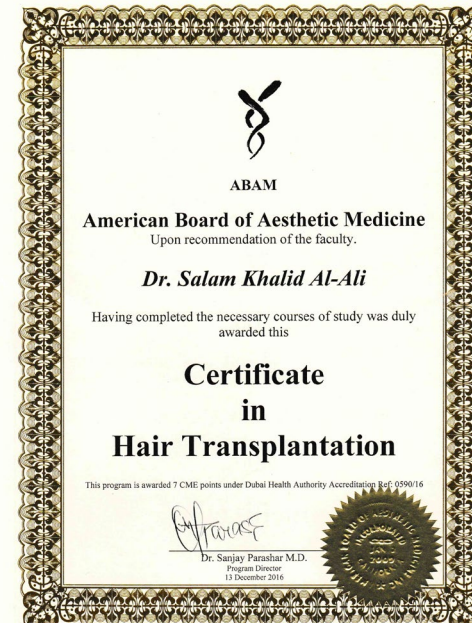
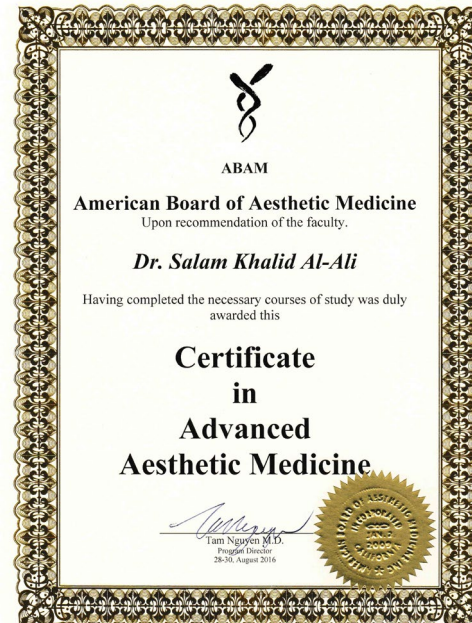
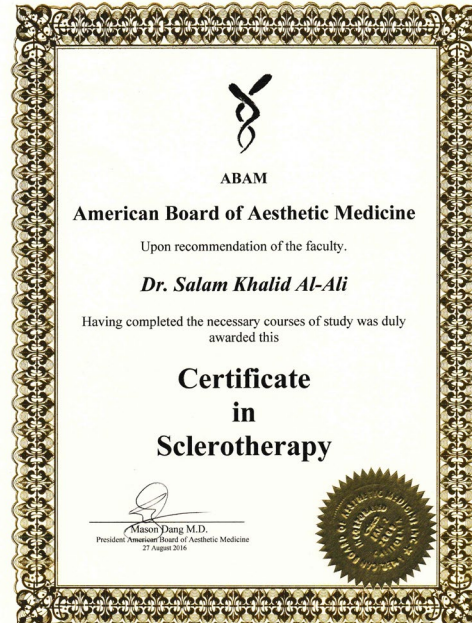
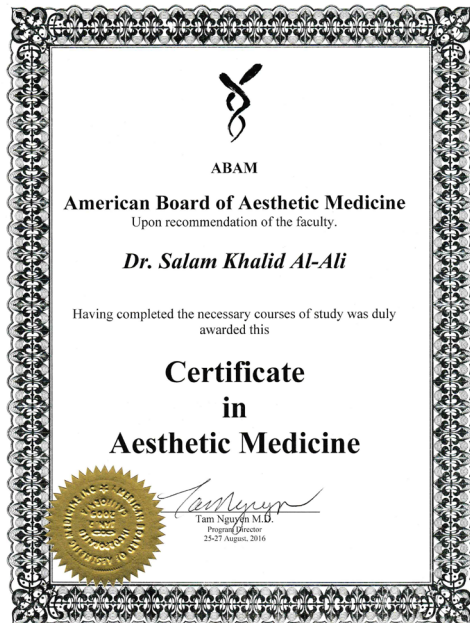
The Degree of Bachelor in Medicine and Surgery on the day 31st. July, 1992
Baghdad.



Mrs. Nisreen I. Al- Nekib
Registrar.

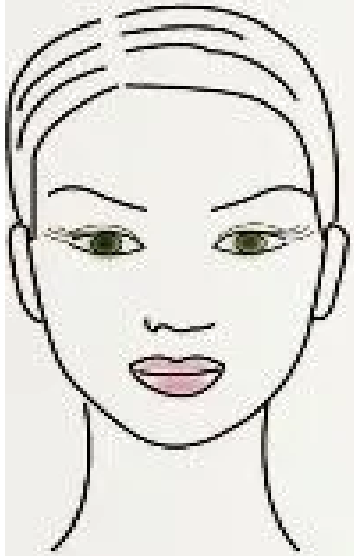
N.B.: Please do not use this certificate for any other Registrar.





أنواع البشرة Skin Types

Normal Skin



Feels neither tight or oily

Dry Skin



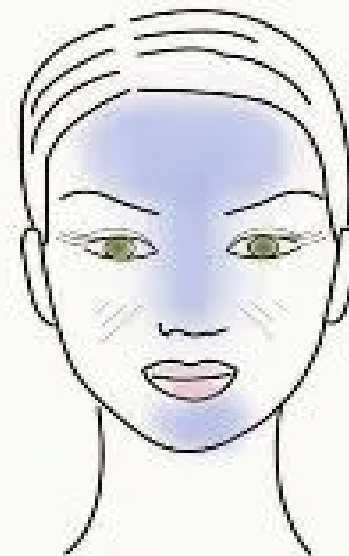
Feels Tight

Oily Skin



Feels oily all over

Combination Skin

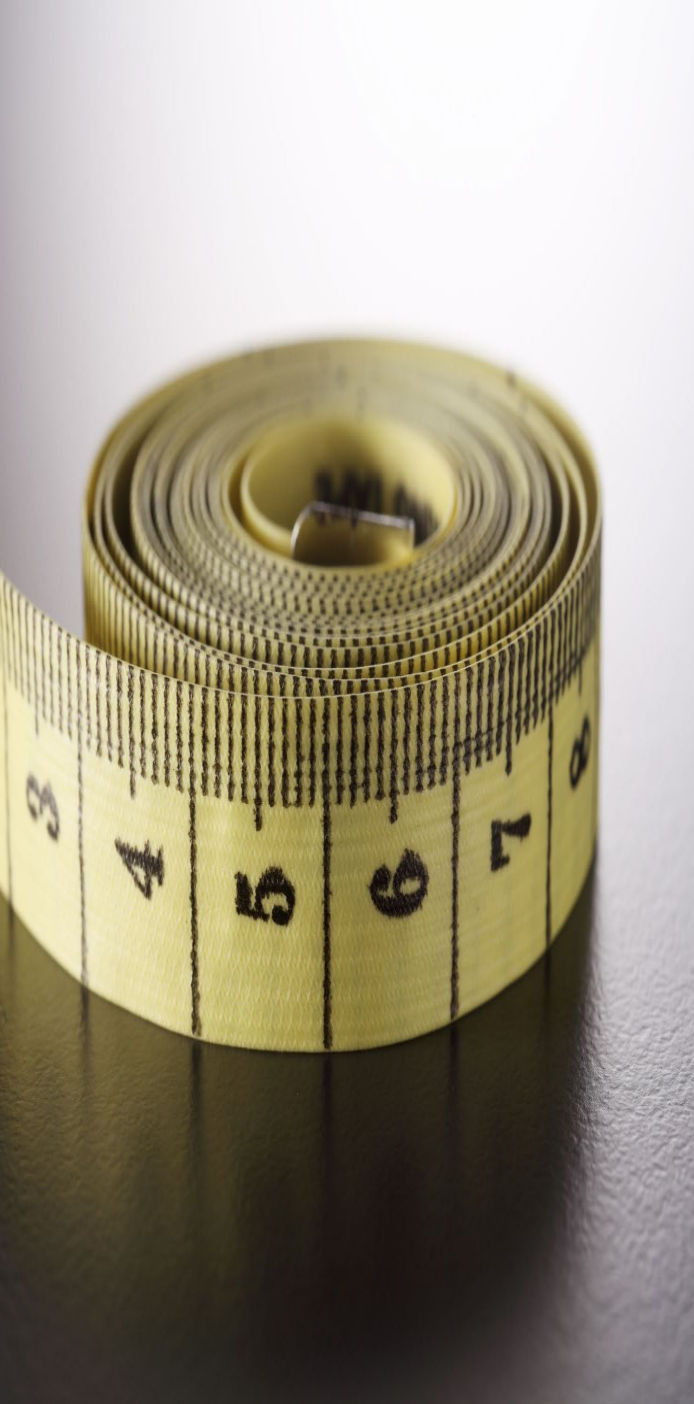


Oily t-zone normal/dry cheeks

Sensitive Skin



Red, irritated tight, patchy



FITZPATRICK SKIN TYPE (SKIN SCALE)

I



BLONDE



BLUE, GREEN,
GREY



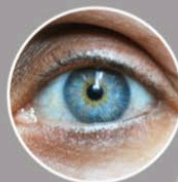
WHITE / PALE /
FRECKLED

Extremely fair skin,
always burns, never tans

II



BLONDE/RED



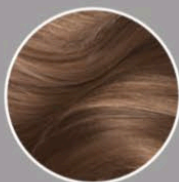
BLUE



WHITE / PALE
WITH BEIGE TINT

Fair skin, usually burns,
sometimes tans

III



LIGHT BROWN



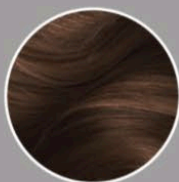
BROWN



WHITE TO LIGHT
BROWN

White olive skin, sometimes
burns, tans mostly uniformly

IV



MEDIUM BROWN



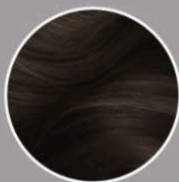
BROWN



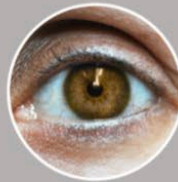
LIGHT TO MODERATE
BROWN

Rarely burns, always tans

V



DARK BROWN



BROWN



MEDIUM TO DARK
BROWN

Rarely burns, tans more
than average

VI



BLACK



BROWN



DARK BROWN TO
BLACK

Never burns

Fitzpatrick Scale Quiz

What color are your eyes?

0 – Light blue, gray, green

1 – Blue, gray, or green

2 – Blue

3 – Dark Brown

4 – Brownish Black

What is your natural hair color?

0 – Sandy red

1 – Blonde

2 – Chestnut/ Dark Blonde

3 – Dark brown

4 – Black



What is your skin color (unexposed areas)?

0 – Reddish

1 – Very Pale

2 – Pale with a beige tint

3 – Light brown

4 – Dark brown

Do you have freckles on unexposed areas?

0 – Many

1 – Several

2 – Few

3 – Incidental

4 – None



What happens when you stay too long in the sun?

- 0 – Painful redness, blistering, peeling**
- 1 – Blistering followed by peeling**
- 2 – Burns sometimes followed by peeling**
- 3 – Rare burns**
- 4 – Never had burns**

To what degree do you turn brown?

- 0 – Hardly or not at all**
- 1 – Light color tan**
- 2 – Reasonable tan**
- 3 – Tan very easily**
- 4 – Turn dark brown quickly**



Do you turn brown after several hours of sun exposure?

- 0 – Never
- 1 – Seldom
- 2 – Sometimes
- 3 – Often
- 4 – Always

How does your face react to the sun?

- 0 – Very sensitive
- 1 – Sensitive
- 2 – Normal
- 3 – Very resistant
- 4 – Never had a problem



When did you last expose your body to the sun (or artificial sunlamp/tanning cream)?

- 1 – More than 3 months ago**
- 2 – 2-3 months ago**
- 3 – 12 months ago**
- 4 – Less than a month ago**
- 5 – Less than 2 weeks ago**

Do you expose your face to the sun?

- 1 – Never**
- 2 – Hardly ever**
- 3 – Sometimes**
- 4 – Often**
- 5 – Always**



FITZPATRICK SCALE QUIZ SCORE:

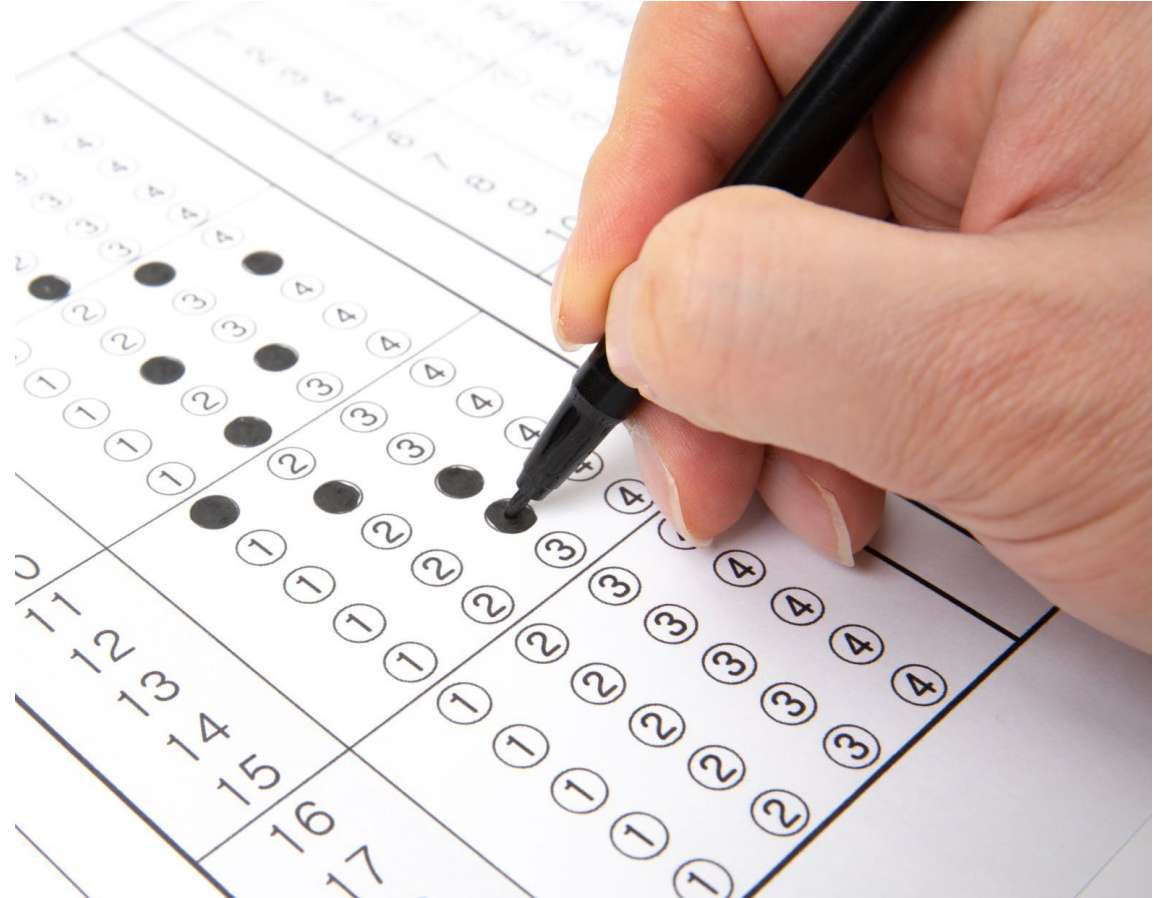
0-6 = Type I

8-16 = Type II

17-25 = Type III

25-30 = Type IV

Over 30 = Type V-VI



Common characteristics of Fitzpatrick skin types

Type I – White skin color, blonde hair, and green eyes, always burns in the sun, has freckles. Common ethnic background: English, Scottish.

Type II – White skin color, blonde hair, and green/blue eyes, always burns, has freckles, and is difficult to tan. Common ethnic background: Northern European.

Type III – White skin color, blonde/ brown hair, blue/brown eyes, tans after several burns, and may freckle. Common ethnic background: German.

Type IV – Brown skin color, brown hair, and brown eyes, tans more than average, rarely burns, and rarely freckles. Common ethnic background: the Mediterranean, Southern European, Hispanic.

Type V – Dark brown skin color, brown/black hair with brown eyes. Tans with ease, rarely burns, and no freckles. Common ethnic background: Asian, Indian, some African.

Type VI – Black skin color, black hair, and brown/black eyes. Tans, never burns, deeply pigmented, and never freckles. Common ethnic background: African.

Type I (scores 0–6) always burns, never tans (palest; freckles)

Type II (scores 7–13) usually burns, tans minimally (light colored but darker than fair)

Type III (scores 14–20) sometimes mild burn, tans uniformly (golden honey or olive)



Skin Type I

Skin: Very fair/pale.
Hair: Red or blonde.
Eyes: Blue.
Sun Reaction: Burns quickly, doesn't tan, tendency to freckle.



Skin Type II

Skin: Fair.
Hair: Red/Sandy coloured.
Eyes: Green or Blue.
Sun Reaction: Burns quickly, tans with difficulty, some tendency to freckle.



Skin Type III

Skin: Light Brown or Olive.
Hair: Brown/Sandy.
Eyes: Green, Hazel or Blue.
Sun Reaction: Slow to burn; eventually tans.





Skin Type IV

Skin: Olive to Brown.
Hair: Dark Brown.
Eyes: Green, Hazel or Brown.
Sun Reaction: Slow to burn; tans very quickly.



Type IV (scores 21–27) burns minimally, always tans well (moderate brown)



Skin Type V

Skin: Dark Brown.
Hair: Dark Brown or Black.
Eyes: Brown or Dark Brown.
Sun Reaction: Rarely burns.



Type V (scores 28–34) very rarely burns, tans very easily (dark brown)



Skin Type VI

Skin: Deeply pigmented dark brown or black.
Hair: Black.
Eyes: Dark Brown.
Sun Reaction: Never burns.



Type VI (scores 35–36) never burns (deeply pigmented dark brown to darkest brown)

SKIN TYPE 1

Highly sensitive to sun exposure.

Approved Laser

PicoSure 755 / PicoWay 1064-532 /
RevLite SI 1064-532 / Lutronic
Spectra 1064-532

Ink Colors

All Colors

SKIN TYPE 2

Highly sensitive to sun exposure, but
tans.

Approved Laser

PicoSure 755 / PicoWay 1064-532 /
RevLite SI 1064-532 / Lutronic
Spectra 1064-532

Ink Colors

All Colors

SKIN TYPE 3

Sensitive to sun exposure, tans
gradually.

Approved Laser

PicoSure 755 / PicoWay 1064-532 /
RevLite SI 1064-532 / Lutronic
Spectra 1064-532

Ink Colors

All Colors

SKIN TYPE 4

Moderately sensitive to sun, always
tan.

Approved Laser

RevLite SI and Spectra 1064 /
PicoSure 755 (in winter months)

PicoWay 1064

Ink Colors

All Colors

SKIN TYPE 5

Minimally sensitive to sun exposure.

Approved Laser

RevLite SI /PicoWay and Spectra
1064 Only

Ink Colors

Black Ink only no red, green, or blue

SKIN TYPE 6

Least sensitive to sun exposure.

Approved Laser

RevLite SI /PicoWay and Spectra
1064 Only

Ink Colors

Black Ink no red, green, or blue

DAILY SKIN CARE

Cleansing --- Washing your face.

Toning --- Balancing the skin.

Serum --- active ingredients

Moisturizing — Hydrating and softening the skin.

Sunscreen — Protect With Sunscreen

Cleansing

- Our skin exposed to environmental pollutants, dirt and other factors each day that should be gently removed.
- **Wash twice a day, morning and night, to avoid clogged pores, dullness and acne.**
- exfoliating scrubs (use once a week)

SKIN TYPE	CLEANSER TYPE	WHAT IT DOES
Oily or acne-prone	Foaming liquid	When activated with water or pumped into your palm, this cleanser morphs into an airy foam that helps break down dirt and excess sebum from pores.
Dry, red and/or eczema-prone	Cream or lotion	These cleansers are formulated with emollients such as glycerin or shea butter, which wipe away impurities while also hydrating skin.
Sensitive	Oil	While putting oil on your face might not feel cleansing, it actually is. (Just think: oil absorbs oil.) One like argan is non-comedogenic, lightweight, moisturizing and well tolerated.

- ▶ **80s:** “The original was an alcohol-based product that was used to dry up oily skin and remove any leftover dirt following cleansing,”
- ▶ **Today:** as supplements — these thin liquids deliver an extra shot of nutrients, helping the other products in your regimen absorb better, while still balancing your complexion.
- ▶ “Toners should be done after cleansing and before putting on anything else,”
- ▶ Applying toner with clean hands is the most efficient.

Ingredients :

- **Alpha and beta hydroxy acids** to gently remove dead skin cells that can clog pores, improve sun-damaged skin and minimize dullness.
- **Hyaluronic acid** to boost hydration, seal in dewiness and plump skin to subtly treat fine lines.
- **Rose water and green tea** to calm irritation and reduce redness with an anti-inflammatory effect.
- **Vitamin E and C** to fight daily exposure to free radicals that can age your skin.

Serum

- Even if you don't have any specific issues, everyone still needs a general antioxidant serum in the morning to protect from daily aggressors,”
- **Hyaluronic acid** to seal in hydration and strengthen the barrier function (the top layer of your skin) to prevent moisture loss.
- **Vitamin C** to help brighten dull skin and decrease dark spots with continued use.
- **Retinol, vitamin B3, peptides** to stimulate the production of collagen and elastin, proteins in the body that help prevent lines and skin sagging.
- **Colloidal sulfur, niacinamide** to calm redness and irritation by decreasing inflammation, and improve acne with its antimicrobial effects.





Moisturizing

- Hydrate and soften the skin.
- Assist in preventing water loss through the outer layers of skin
- Skin naturally loses the ability to retain moisture as we age.

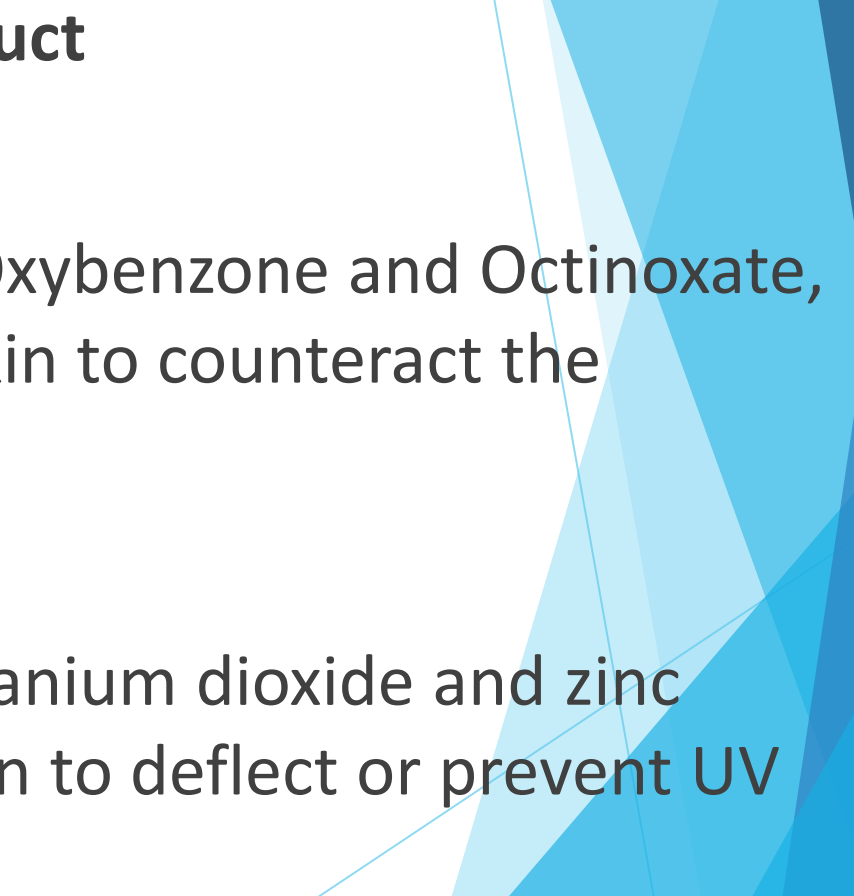
SKIN TYPE	MOISTURIZER TYPE	WHAT IT DOES (according to Mattioli)
Oily	Gel moisturizer	"This is a mostly water-based option that's lightweight and absorbs quickly."
Normal or combination	Lotion	"This is your classic moisturizer level; it feels more moisturizing than a gel but generally absorbs well."
Dry	Cream and soft cream	"It's more oil-based and heavier than a lotion."
Inflamed and sensitive skin (but not acne-prone)	Balm	"Much like a cream, a balm is good for extremely dry skin types, but it's got a heavier texture."

The Difference Between a Day and Night Cream

- ▶ **Morning creams**, are equipped to protect your skin from the environmental aggressors you'll face when you leave the house—many contain antioxidants to minimize pollution-based free radicals and sunscreen to shield you from ultraviolet radiation. They typically have a lightweight consistency.
- ▶ **Night creams**, on the other hand, focus on repairing any damage you might have picked up with ingredients like retinol to speed cellular turnover and counteract dark spots. These creams also replenish moisture levels, which naturally dip in the evening, with emollients that often create a rich, thick texture.



Sunscreen

- ▶ the most crucial skin-care product
 - ▶ **Chemical ingredients**, such as Oxybenzone and Octinoxate, which are absorbed into your skin to counteract the damage from ultraviolet light.
 - ▶ **Physical ingredients**, such as titanium dioxide and zinc oxide, that sit on top of your skin to deflect or prevent UV rays from entering your body.
- 

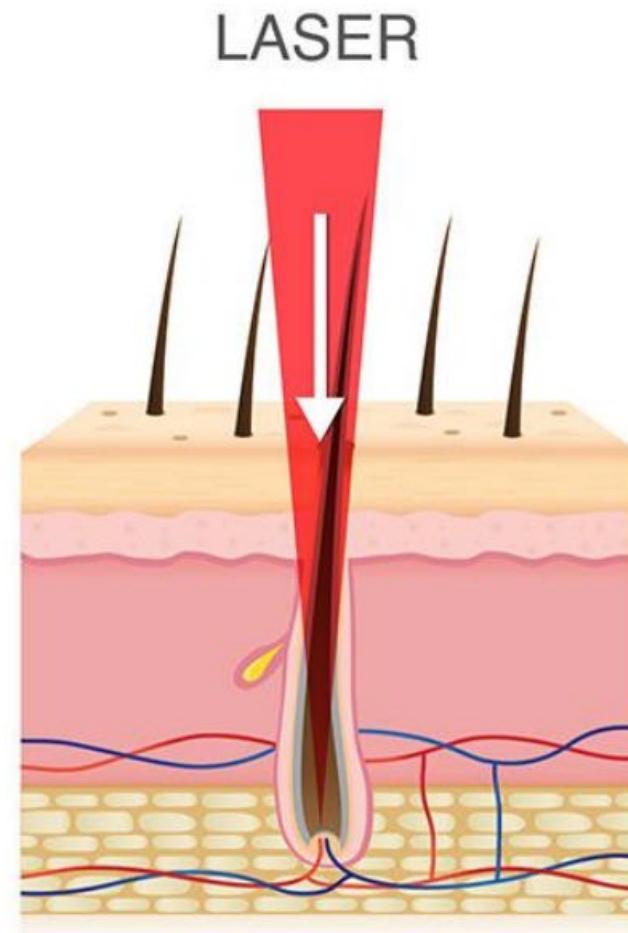
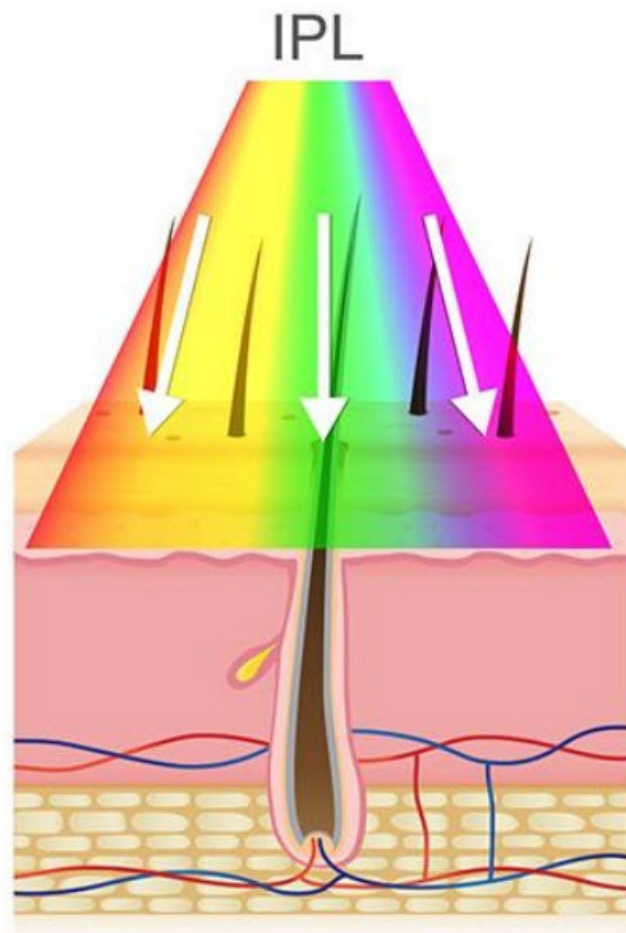
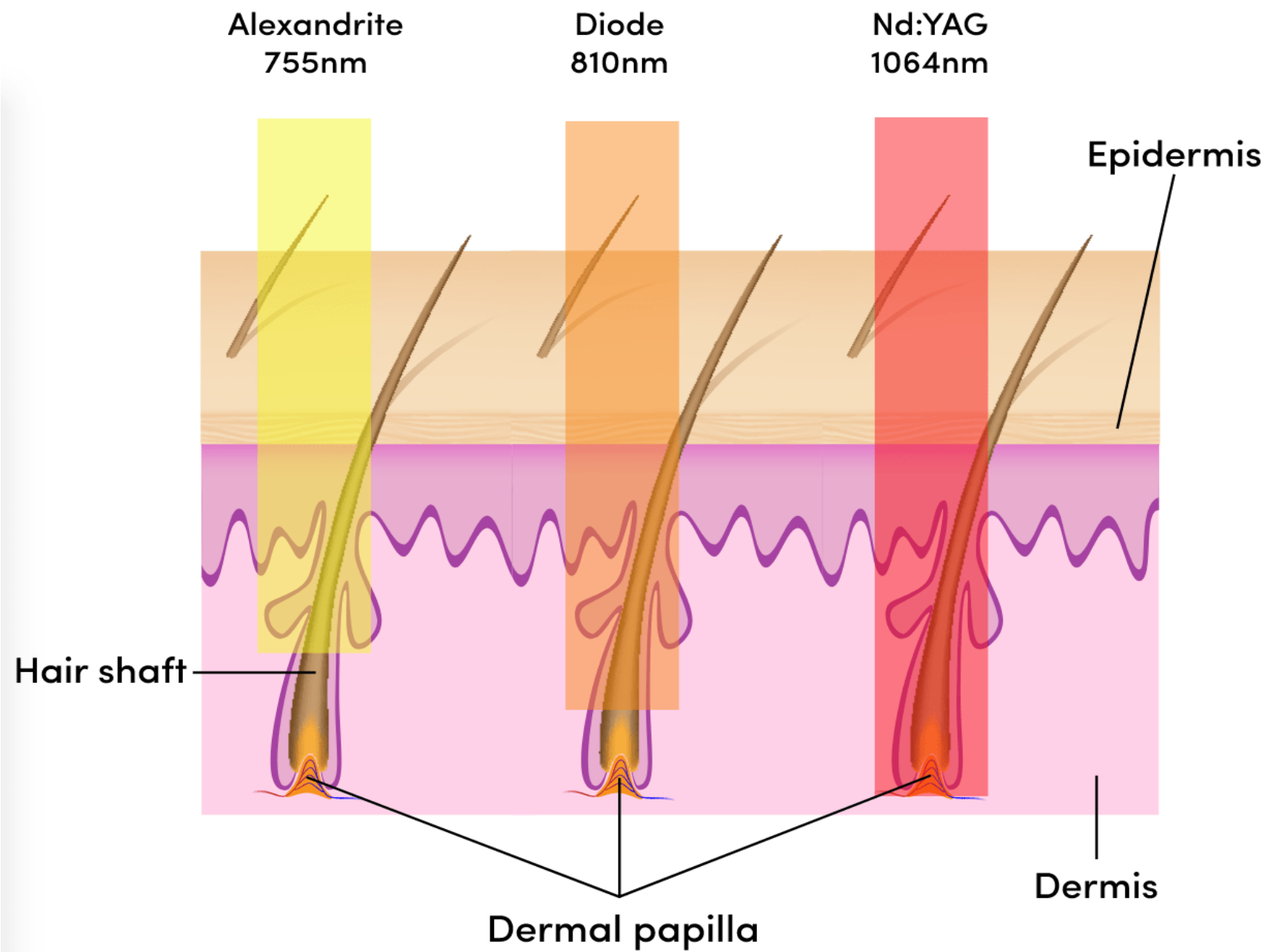
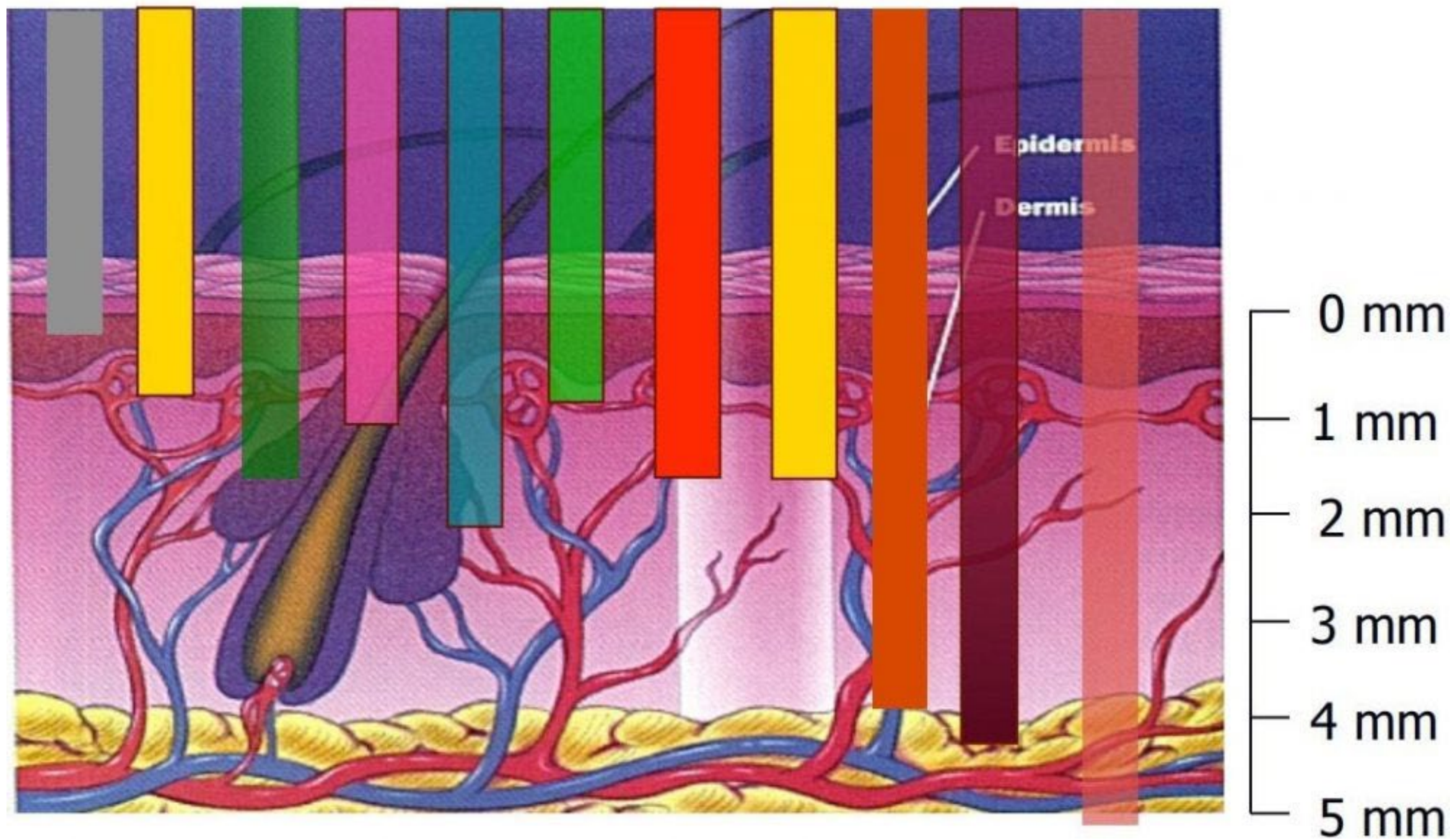


Image retrieved from <https://www.mechehair.nz/services/laser-hair-removal/>



ErYAG	CO ₂				KTP	Ruby	PDL	Alex	Diode	NdYAG
2940	10,600	1550	1440	1320	532	694	585	755	810	1064



Ablative Resurfacing

UltraPlus CO2

Removal of the epidermis and superficial layers of the dermis

Superficial Fractional Ablative Resurfacing

ICO, Erbium YAG

Removal of the epidermis and superficial layers of the dermis

Non-ablative Fractional Resurfacing

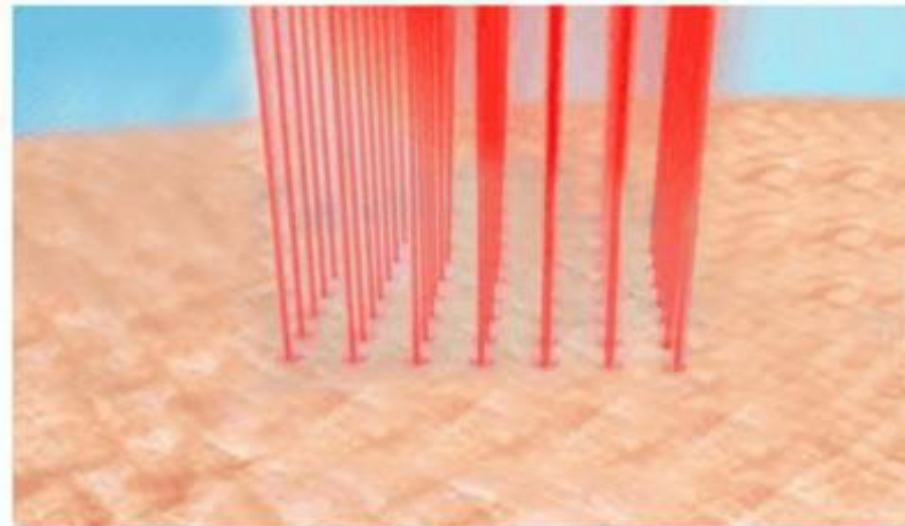
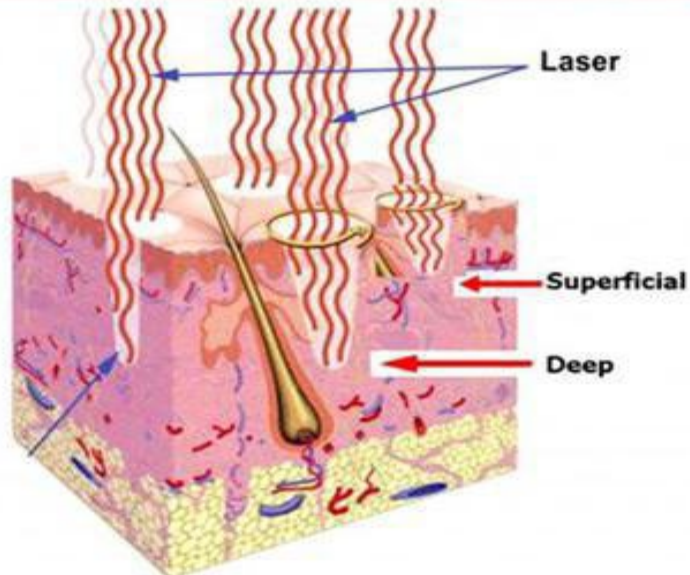
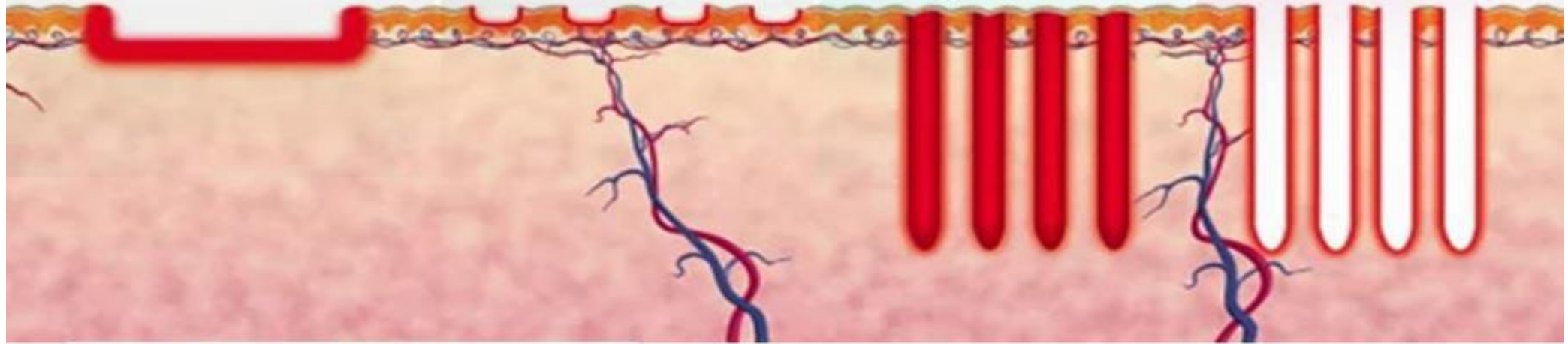
ICON 1540 (Erbium)

Leaving the epidermis in place and sending microbeams of laser energy deep into the dermis

Ablative Fractional Resurfacing

Fraxel Repair, Fractionated CO2

Removal of the epidermis and deep layers of the dermis



Laser & Skin Care



- **Westgate Medical centre**
259 Heath Road
Werribee 3030

- **Dianne Avenue Medical Clinic**
34 Dianne Avenue
Craigieburn 3064

- **Epping Road Family Clinic**
2/80h Epping Road
Epping 3076

- **Kingsway Drive Medical Centre**
113 Kingsway Drive
Lalor 3075