**KATY CARTER AESTHETICS**

**THE KC FACE LIFT, DIGITAL SKIN NEEDLING, THE HOLY GRAIL & THE GIRLS THAT GLOW**

(For The Holy Grail & The Girls That Glow, please also see Anti-Bacterial/High Frequency Treatment Information sheet)

Pre & Post Treatment Information & contraindications

**CONTRAINDICATIONS:**

-Active cold sores, herpes simplex in the area to be treated.

-History of keloid scarring.

-Pregnancy/Breast Feeding.

-Aspirin allergy.

-Chemical allergies.

-Antibiotics

-History of radiation therapy in the area to be treated.

-Skin Cancers.

-Rosacea - if inflamed.

-Skin Infections.

-Pre-existing inflammatory dermatoses (eg, psoriasis, atopic dermatitis, pemphigus)

-Oral retinoids (Roaccutane) 6 months off meds before peel

-No skincare prep, i.e., using active ingredients such as AHA/BHA or Vit A. Start with Foaming Enzyme.

-Open wounds on the area to be treated.

Smoking:

Patients must understand the necessity for smoking cessation. The dynamic action of puffing can worsen perioral rhytides, and the chemicals in the smoke can cause enzymatic reactions that weaken the skin and cause further wrinkling around the mouth and eyes.

**PRE-TREATMENT ADVICE:**

-Stop Retin-A (retinol etc) products for a week before your appointment.

-Avoid facial laser treatments for 4 weeks before treatment.

-Avoid having any sort of chemical peel or microdermabrasion treatment within 2 weeks of your appointment unless supervised by your practitioner.

-No waxing, electrolysis, depilatory creams or shaving for a week prior to your appointment.

-There must be at least a 2-week gap between treatment and Injectables including Fillers & Muscle inhibitors & Chemical Peels.

-Steroid creams, topical and oral antibiotics, and the use of Roaccutane will prevent treatment.

-Please advise us of any medical changes at each appointment including pregnancy and breast feeding.

-Sun exposure and or usage of sun beds, including self-tanning products must be avoided for a week minimum before treatment.

-Area must be clean, free of any makeup.

-Notify me of any tattoos, including cosmetic tattooing in the area being treated as tattoos must be avoided.

-If you have a history of cold sores, I recommend you take prevention meds before treatment.

-Please inform me of any medical changes that may be relevant to your treatment.

**POST TREATMENT REACTIONS:**

-Refrain from touching your skin.

-Any redness should subside over a 24-36hr period.

-Gently wash the treated areas on the same day, cleanse using a mild cleanser. Do not scrub! No AHA’s or BHA’s or retinoids for 1 week.

-Use of intensive moisturiser Is advised for at least a week after treatment as your skin may feel dry or tight, this is normal.

-Avoid facial products containing fragrance for 3-5 days after treatment as they may irritate the skin, this includes perfume.

-Makeup can be applied once the skin has settled, please ensure brushes/sponges are clean.

-Refrain from extreme temperatures such as intensive sunlight such as saunas, sunbeds, steam baths for a period of at least 2 weeks after treatment. This includes no exercise.

- Apply SPF 30+ daily and with regular re-applications.

-Avoid electrolysis, waxing, bleaching (face), depilatory creams, laser hair removal for at least a week.

- Do not swim in chlorinated water for approximately 14 days.

 **REACTIONS:**

Reactions from treatment include skin redness and flushing, tightness, tenderness, stinging, swelling and some pinpoint bleeding**.** Effects will usually resolve within hours. Many people can return to their normal activities the same, or next day. Some people may react differently and may experience these reactions for longer.

There is a small risk of side effects with needling causing the skin to turn very red, blister, swell, peel and later scab and crust. In severe cases, infection and ulceration may result, though this is not expected to occur due to the sterility of the needling device and the minimally invasive nature of the micro medical needles.

Micro needle therapy procedure may cause areas of bruising although this would not normally be expected to occur. The eye contour being the area most at risk. Any such bruising will be temporary. If you are taking any medication or dietary supplements, this can affect platelet function and bleeding time, the severity and period of bruising can be extended, also, the presence petechiae (small red or purple spots beneath the skin) may be observed.

There is a small risk that hyperpigmentation of the skin can occur after the procedure, although this is not normally expected as the epidermis of the skin is not removed because of the procedure. Failure to follow the advice detailed can increase the risk.