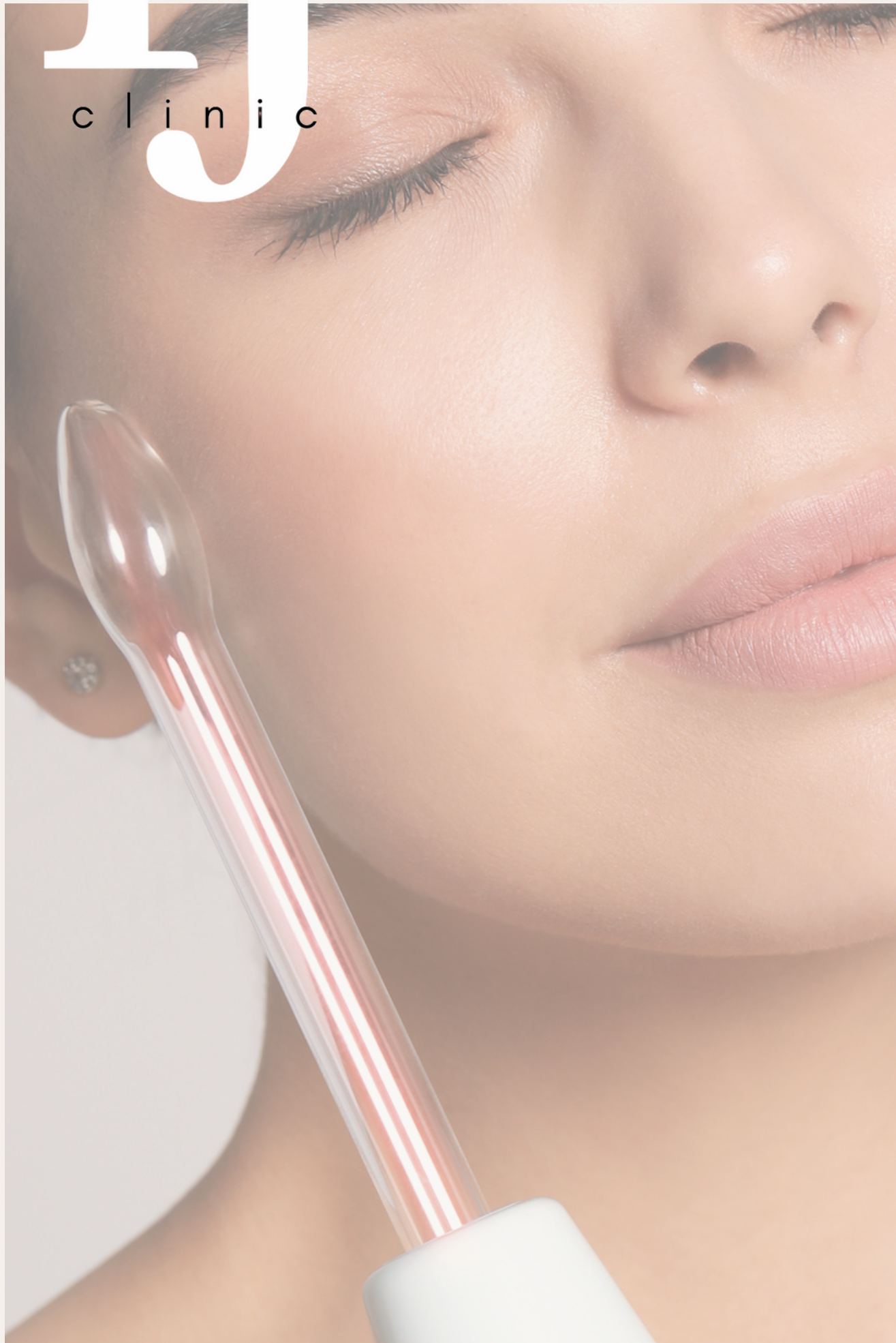


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HIGH FREQUENCY
PRE, POST &
CONSENT

www.hattyjanebeautyandskinclinic.com

High Frequency is a popular skincare technique that is used to treat a variety of conditions, including acne management, enlarged pores, fine lines and wrinkles, and puffy or dark under eyes.

High frequency facial machines work in conjunction with high frequency electrodes which are made of clear tempered glass and come in a variety of different shapes and sizes to facilitate the various contours of the face and body. Quality high frequency electrodes are typically made of tempered glass and filled with either Argon Gas which produces a subtle violet coloured glow or Neon Gas which produces an orange coloured glow. (See next page for more information)

When the high frequency electrode is firmly inserted into the high frequency hand piece, a gentle electrical current is generated by the high frequency machine which then passes through the attached glass electrode upon contact with the skin.

This contact ignites the inert gas within the electrode which produces healing electrical light energy and unstable oxygen which instantly converts into purifying ozone. In other words, when mixed with the air outside of the electrode, the electrical current infuses the skin with rejuvenating oxygen molecules and a therapeutic zapping or tingling sensation is experienced.

During the high frequency treatment, enriched oxygen molecules are produced that create an anti-bacterial action and "natural" thermal tissue warming. This reaction helps your blood vessels push away toxins, while the cells in your skin are enriched with nutrients and hydrating volume. This in turn creates an increase in blood circulation and cell renewal that supports increased levels of collagen and elastin. The skin is left feeling instantly energized and noticeably softer after just one treatment.

PRE CARE

- Do not use active topicals that may increase the sensitivity of your skin such as retinoids, exfoliants, topical antibiotics or acids 3 days prior to your treatment.
- Avoid ANY other facial treatment at least 7 days prior to your treatment.
- Avoid extensive sun exposure / the use of tanning beds at least 7 days prior to your treatment.

(We obviously advise that you stop using tanning beds altogether because they increase your risk of skin cancer and accelerate visible signs of aging).

- Likewise, avoid Hair Removal at least 7 days prior to your treatment.

-In addition, please make sure you are not wearing makeup on the day of your treatment.

- Please ensure you take out ALL jewellery before your treatment.

I.e. Nose Rings, Earrings, Lip Piercings. High Frequency cannot be done if you are wearing jewellery.

WHAT TO EXPECT | AFTERCARE

What To Expect:

-Straight after your appointment your skin may feel a little sensitive and over the next few days you may experience some dryness/flaking and a tight feeling to your skin.

-If you have a lighter skin complexion, your skin also may appear a little flushed.

Should your skin have a mild reaction and go super dry / itchy, take an antihistamine daily for 3 days post facial and apply a gentle hydrating moisturiser up to 3 times a day.

Aftercare:

-Do not wash your face or apply any skincare products for 12 hours

-To minimize dryness, skip out on any 'active' products for 3 days after.
(Retinals +Acids)

-Do not apply makeup for 12-24 hours.

Once 24 hours has passed and you wish to wear makeup, please ensure your brushes
are clean and sanitised

-Avoid exercise / sweating for 24 hours

-Avoid swimming, sauna's and spa environments for 72 hours

-Sleep on a clean pillowcase at night. Preferably Silk / Satin (Like this).

-Golden Rule: Make sure that you are also avoiding direct sun exposure.
Especially tanning beds.

(Preferably forever! But if you must, please wait 14 days)

-Make sure to keep your skin well hydrated with a protective moisturiser. Apply it twice daily or more often if needed to reduce the appearance of flaking.

-Drink LOTS of water!

-Do not use scrubs, loofahs, exfoliating sponges or other means of mechanical exfoliation on your face for 7 days.

CONSENT

Contraindications:

1. Herpes Simplex (cold sores or fever blisters)
An anti-viral medication may be necessary prior to treatment
2. Dermatitis
3. Open skin lesions
4. Uncontrolled diabetes
5. Extensive sun or tanning 7 days prior and 7 days post treatment
6. Roaccutane in the past 6 months to 1 year
7. Prescription topical retinol products in the past 14 days
8. Waxing of area to be treated in the past 7 days
9. Skin must be healthy and intact
10. An allergy to aspirin
11. Active Infections (skin)
12. Allergy/Hypersensitivity to certain skincare ingredients / topicals
13. Blood thinning medication
14. Light Sensitive Medication
15. Antibiotics (which can make you light sensitive)
16. Epilepsy / Seizures triggered by light
17. Photosensitive disorder
18. Pregnancy
19. Anti arthritic medication such as Ridaura, Gold 50.
20. Headaches, migraines – due to the loud buzzing noise from the HF machine
21. An excessive number of dental fillings/braces
(Due to the strong and unpleasant metallic taste inside the mouth)
22. Metal pins and plates
23. Jewellery – all metal jewellery should be removed prior to the treatment due to the circulation of an electrical current.

I am aware of the following risks/complications that may occur:

1. Mild discomfort or pain
2. Slight redness or swelling
3. Sun sensitivity
4. Skin sensitivity
5. Pigment changes
6. Allergic reaction
7. Bacterial infection
8. Peeling/shedding/flaking
9. Erythema

I understand that the treatment may involve risks of complication or injury from both known and unknown causes, and I freely assume those risks. Prior to receiving treatment, I have been candid in revealing any condition that may have a bearing on this procedure.