



BLISS ERASE PRE & POST INFORMATION

TO MY CLIENT

Bliss Erase is an aesthetic treatment using a device designed to treat minor skin irregularities. A small probe is used to barely touch the skin and regulates the application of high frequency & radio wave currents directly on the skin's surface. This non-invasive treatment eliminates the need for costly laser procedures and can easily be added on to your existing lash or facial appointment.

THE BLISS ERASE TREATMENT SUCCESSFULLY TREATS THE FOLLOWING:

- Broken Capillaries (Face and Body)
- Rosacea
- Cherry Angiomas
- Cholesterol Deposits
- Keratosis
- Skin Tags
- Sebaceous Hyperplasia
- Age/Sun Spots
- Acne/Blackheads/Pimples/Milia
- Fibromas



CONTRAINDICATIONS TO THE BLISS ERASE PRO TREATMENT

- If you are pregnant
- On Accutane (<6months)
- Have a pacemaker
- Any Electronic device implanted
- Severe allergy to Nickel
- High Blood Pressure (anti-coagulants may affect treatment)
- Heart conditions
- Acne Vulgaris stage III -IV in the area to be treated
- Active Herpes Simplex in the area to be treated
- Active Bacterial or Fungal Infections

PRE – TREATMENT INSTRUCTIONS

- Please schedule your Bliss Erase Pro treatment at least 1 week prior to a special event which you may be attending, as scabbing and swelling may be apparent during this time.
- If you are a sunbather or frequent tanning beds, it is important to stay out of Ultra-Violet exposure for a minimum of 7 days prior to your treatment. Sunburned areas will not be treated.
- 1 week before treatment - All skin irritants must be stopped (glycolic/salicylic acids and benzoyl peroxide, retinol products such as Retin A, Tazorac, Triluma, Differin and Vitamin C) on the area that is being treated.
- Please advise when you are taking antibiotics. Certain antibiotics (Tetracycline, Doxycycline) can make your skin photosensitive.
- Avoid Botox 2 weeks prior to your treatment.
- Avoid waxing the area to be treated 7 days prior to your treatment.
- Regarding Herpes Simplex Virus I and II: It is possible for a herpes breakout to surface following many assertive treatments around the mouth area. It is advised that you inform me if you have a history of cold sores / fever blisters so that I can refer you to get a prescription of anti-virals to prevent an outbreak after your treatment.
- If an active or extreme skin breakout occurs in the area to be treated before your appointment, please let me know so that we can look at the possibility of rescheduling your session.

WHAT TO EXPECT DURING YOUR BLISS ERASE PRO TREATMENT

Treatments take only a few seconds for each spot and results are instantaneous for many conditions. Clients describe their pain level as a 1- 3 on a scale of 1-10 and equate the sensation to a very quick stinging which dissipates quickly when the probe is lifted.

Treating pigmentation, the affected area dries, creating a small crust. The crust heals and flakes off in 3-12 days and heals in approximately 7-10 days. When treating capillaries, you will see that blanching occurs, immediately following the treatment. On day 2 or 3 the color may come back as this is the dehydrated tissue. As the coagulated tissue is absorbed into the body results will continue. Light scabbing may occur as the blanched areas heal. Results will continue to improve as the treated area scabs and heals revealing smooth skin.

PLEASE NOTE - Large/Detailed irregularities (generally larger than a 20c coin) are typically treated in 15-minute treatment sessions or may equal to two or more spots. Capillaries can be stubborn and may require more than one treatment. Most clients are extremely pleased after the initial treatment. All appointments include a consultation to determine the best treatment plan and final pricing prior to treatment. Some skin irregularities may need to be diagnosed and cleared by a doctor prior to treatment.

TOPICAL ANAESTHETIC - Treatments are quick with little to no discomfort. However, we realize some areas are more sensitive than others and everyone's pain tolerance is different. If you prefer topical numbing, it will need to be applied for 20 minutes prior to treatment.

POST TREATMENT INSTRUCTIONS

During the skin healing process, minor itching, flaking, or redness may appear. If symptoms are worsening or persist, please contact me. Please do not pick, squeeze, or agitate the skin during the recovery period - This may cause hyperpigmentation or scarring. If the area is still red/irritated by the end of the day, apply a cold compress for 10 minutes then moisturize with Sunskin Post Treatment Cream or the Aesthet Recovery serum.

When to use the recovery products:

Wait for 24hrs until crust occurs. Then apply a very thin layer of the Repair serum 2-3 times daily until healed or pink is gone. This may be used up to 4-6 weeks or longer if desired. If skin tags or fibromas were treated, do not apply Repair serum until the lesions fall off. Then begin Repair serum 2-3 times daily until healed.

- Post-treatment skin will be pink and overly sensitive. Downtime (crusting) is approximately 7-10 days.
- Capillaries may take up to 14 days.
- Do not apply makeup, creams, lotions, oils, or essential oils for 24-48 hours to the treated area.
- Avoid steam rooms, vigorous exercise or hot tubs for 24-48 hours following treatment.
- Avoid direct sunlight immediately following treatment. SPF 30 or higher sunscreen must be applied 10 minutes prior to sun exposure and worn everyday rain or shine.
- DO NOT USE retinol or any form of vitamin A or peeling, scrubbing or bleaching products until fully healed. Use mild products without any alcohol.
- Pat dry instead of rubbing to prevent premature removal of crusting.
- Keep skin clean and protected to avoid infection.
- If skin becomes painful or redness persists, please contact me immediately.
- After crust sloughs off, the skin may be pink as it is fresh skin. Continue use of the post treatment cream or recovery serum for up to 6 weeks. To further speed the blending process, chemical exfoliation & enzymes may be performed. Products with Vitamin C, Glycolic/Lactic, and Vitamin A will help as well.

IF YOU HAVE ANY OTHER QUESTIONS, PLEASE DO NOT HESITATE TO POP ME A WHATSAPP OR GIVE ME A CALL AND I WILL GLADLY ASSIST WHERE POSSIBLE.

I LOOK FORWARD TO WALKING THIS SKIN JOURNEY WITH YOU!



KIND REGARDS,

Monique Greeff

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