

## **Alkaline - Enzyme Therapy**

### **What does the treatment involve?**

The clinician will perform the alkaline treatment prior to the enzyme mask. The skin may feel tender during the alkaline phase. Whilst the enzyme mask is on, a pulsating effect may be felt on the neck region as this is the lymph moving towards the thoracic duct. Once this is taken off, after care that is suited for your concern is then applied. In the first few days, the skin may feel dry and tight and it is advisable that moisturiser is used to alleviate any dryness.

### **Pre Treatment Instructions**

- No sun exposure for 4 weeks prior to treatment.
- SPF to be worn as instructed by your dermal clinician.
- Cease topical vitamin A and acids for 3 to 7 Days.
- Ensure all medications and medical history changes are updated to St. Skin prior to treatment.
- Ensure any hair removal methods are performed 3 to 7 days prior to treatment.
- No other treatments performed within 2 to 4 weeks of your next treatment at ST. Skin, unless otherwise discussed with your treating dermal clinician.
- Adherence to topical skin care routine - See below.

### **Post Treatment Instructions**

- Downtime can be minimal to severe depending on the type of treatment and depth of pre-exfoliation / peels.
- Immediate redness post treatment is common and can last a few hours post treatment.
- Slight flaking, peeling, itching and increased sensitivity can occur, it is important not to pick or scratch at skin. Advised post treatment care will soothe and rehydrate skin minimising this.

- Small white heads may occur, this is the skin's natural purging phase, please do not pick at the lesions as it will resolve naturally. If there are any concerns, please contact your dermal clinician.
- Exercise is to be avoided for 24 to 72 hours post treatment, sweat has the potential to irritate the treated skin.
- To avoid increasing the risk of post treatment infection, it is important to keep the treatment area clean. This includes;
  - Avoid hot baths, saunas, jacuzzi and pools for the first 48 hours after your treatment.
  - Avoid becoming sweaty.
  - Wash hands before touching the treated area.
  - Avoid make-up brushes and sponges that have not been cleaned.
  - Direct sun exposure is to be avoided and SPF is to be applied in accordance to your dermal clinician's instructions.
  - Adequately hydrating your skin to help reduce the appearance of flaking skin, until subsided.
  - Wait 10 to 14 days after treatment for any form of hair removal.
  - Using a mineral based make up is our preferred choice of cover up and can be applied immediately after the treatment.
  - Cool to lukewarm showers during the first 24 hours to avoid adding further heat to an area that is inflamed and/or healing.
  - Avoid exfoliators, vitamin A and acid based topical products for 5 to 7 days post treatments.
  - Post treatment you may notice your skin will feel hot, tight and possible slight burning, similar to the sensation of a mild sunburn. This is normal and will lessen over the new few hours up to 48 hrs.

- If you have had a body area treatment, avoid tight fitting clothes that may rub and irritate the treatment area.
- It is important to follow your dermal clinicians post care as this will not only aid to soothe any discomfort but also maximise results from treatment.
- The common responses below, may be experienced immediately or delayed, occurring at different time frames and severities, all of which is normal.
- If you have any questions or concerns about anything related to above or below, please call or email our clinic on the information below.

**Common responses - This can be isolated to individual lesions or areas and/or globally**

**Normal:**

- Occurrence of any underlying congestion
- Loss of barrier in skin
- Redness
- Sunburn like sensation
- Inflammation / swelling / puffiness
- Tightness / taut skin
- Dryness / flakiness / shedding
- Sensitivity
- Purpura / superficial bruising
- Frosting
- Scabbing / mild crusting
- Micro blisters
- Striping
- Histamine reaction - hive like lumps
- Hypopigmentation

- Post inflammatory hyperpigmentation -(this can be transient or prolonged)

**Adverse:**

- Infection
- Pain
- Scarring

**Acknowledgment**

I understand and acknowledge that payment of the above procedure is non-refundable. By signing below, I certify that I have read and fully understand the contents of this consent form and that the disclosures referred to herein were made to me.