

# MIRRORMIRROR

BEAUTY

## CONTRAINDICATION INFORMATION FOR CLIENTS

V.3 – July 2024

# INTRODUCTION

The following is a comprehensive list of conditions, allergies and medicines which may preclude a client from certain treatments.

If you suffer from any sort of allergy, please contact the salon before booking or visiting.

If you are unsure if you are affected by these rules, please contact us before booking.

## WAXING

<b>Contraindications (we cannot treat you)</b>	<b>Proceed with caution (we may be able to treat you)</b>
<p><u>Medications</u>                      Accutane (Acne medication) – You must be off this medication treatment course a minimum of one (1) year prior to waxing.                      Adapalene (Acne medication)                      Alustra (Retin A)                      Avage (See Tazorac – Acne medication)                      Avita (See Retin A)                      Differin (Acne medication)                      Isotretinoin (See Accutane)                      Renova (See Retin A)                      Retin A (Acne and Anti-aging medication)                      Tazarac (Acne medication)                      Tazarotene (See Tazorac)                      Tretinoin (See Retin A)</p> <p><u>Health/Skin Conditions</u>                      Varicose Veins                      Mastitis                      Bruising/haemorrhage                      Fractures/Sprains                      Warts/Moles/Tags (to be waxed round)                      Diabetes                      Recent scarring                      Recent sunbed use                      Cancer therapy                      Rosacea                      Psoriasis, eczema or chronic skin disease                      Recent laser skin resurfacing                      Sunburn</p>	<p><u>Medications</u>                      Other acne medications not listed across                      Alpha Hydroxy Acids (Glycolic, Lactic)                      Oral Antibiotics                      Topical Antibiotics                      Retinol                      Salicylic Acids                      Any acid-based products                      Exfoliants</p> <p><u>General Conditions that cause sensitivity</u>                      Menstruation                      Pregnancy/oral contraceptives/hormone replacement                      Smoking                      Caffeine &amp; alcohol                      Strong exfoliators (salicylic acid)                      Lupus medication                      Blood thinning medications                      Autoimmune medication                      Steroids                      Recent peel or MDA (7 day gap needed)</p>

## BROWS/LASHES

Treatment Name	Contraindications
Tint	<p>A reaction to patch test</p> <p>Allergy to tint</p> <p>Allergy to Hydrogen peroxide or any other dye developer</p> <p>Allergy to or any other type of dye.</p>
Brow Lamination/LVL Lashes	<p>A reaction to patch test</p> <p>Skin disorders such as severe eczema or psoriasis on or around the eye area</p> <p>Eye infections such as conjunctivitis in the past 6 weeks</p> <p>Swellings</p> <p>Recent scar tissue (less than 6 months old)</p> <p>Any disease/disorder causing twitching, shaking or erratic movement of the eyes</p> <p>Weak, thin eyelashes</p> <p>Infection</p> <p>Allergy to gel patches</p> <p>Cuts/abrasions</p> <p>Bruises – client discomfort may be caused</p> <p>Broken bones in the area to be treated</p> <p>Pregnancy.</p>

## NAILS

- Fungal infection such as Athlete's foot Fungal Toenail
- Nail infection
- Skin disorders or infections affecting the hands or feet
- Broken sore skin in treatment area
- Nail separation
- Bruising or broken bones
- Recent scar tissue
- Extremely weak nails
- Badly bitten nails

## FACIALS

Treatment Name	Contraindications
Espa/General Facials	<p>Hypersensitive skins e.g. sunburn</p> <p>Extremely vascular skins</p> <p>Acute inflammation or swelling in the face</p> <p>Infectious skin condition</p> <p>Asthma or severe sinus disorder – asthma pump would need to be present</p> <p>Insulin dependent Diabetic – must have a letter from a GP</p>

	<p>Cancer – must have a letter from a GP</p> <p>Medication &amp; allergies must be disclosed</p> <p>Nut Allergies</p>
Microdermabrasion	<p>Cuts/Abrasions</p> <p>Scar tissue (6 months minor operation, 2 years major operation)</p> <p>Bruising/Swelling</p> <p>Areas where topical Roaccutane has been used</p> <p>Undiagnosed lumps and bumps</p> <p>Sunburn</p> <p>Heat rash</p> <p>Recent fractures (3 months)</p> <p>Laser Resurfacing</p> <p>Medium or deep skin peels</p> <p>Pregnancy</p> <p>Wait 24 hours after taking Retin A/Retinova</p> <p>Laser hair removal (wait 1 week)</p> <p>Oral Roaccutane Medication</p> <p>Oral Blood Thinners</p> <p>Contagious diseases (Impetigo, Scabies, Chicken Pox, Mumps)</p> <p>Under the Influence of (alcohol, drugs, prescribed pain medication)</p> <p>Neuralgia</p> <p>Hypersensitive Skin</p> <p>Loss of Skin Sensation</p> <p>Vascular Skin</p> <p>Irritated Skin/Sunburn/Broken Skin</p> <p>Fever</p> <p>Skin Cancer/Chemotherapy</p> <p>Vascular Lesions/Rosacea</p>
Silhouette Dermalift	<p>Epilepsy</p> <p>Photo-Sensitive Migraines</p> <p>Pacemakers</p> <p>Acne Rosacea (extreme cases)</p> <p>Hyper-Sensitive Skin</p> <p>Metal plates, implants or screws (in face)</p> <p>Carcinoma (can be treated after 2 years of remission with doctors note)</p> <p>Melanoma (can be treated after 2 years of remission with doctors note)</p> <p>Botox or Collagen injections (on areas to be treated)</p>
ALL SKINMED Needling	<p>Cold sores</p> <p>Anticoagulants</p> <p>Active acne</p> <p>Keloid scars</p> <p>Skin cancer</p> <p>Cancer</p> <p>Skin conditions such as solar keratoses, psoriasis, eczema, active rosacea or any other active cutaneous infection or inflammation.</p> <p>Immunosuppression</p> <p>Roaccutane (6 month gap needed)</p> <p>Pregnancy &amp; breastfeeding</p> <p>Tattoos: Patients with semi-permanent makeup/tattoo in the treatment area.</p> <p>Tanned skin: Patients with excessively tanned skin from the sun, tanning beds or pigment-activating creams within the last 2 weeks.</p>

	Medication: Patients taking antibiotics or other medication which may cause UV sensitivity.
Peels	Pregnancy Cancer Severe or active acne Active facial herpes Heart Problems Using Roaccutane, Anticoagulants or treatments that produce hypersensitivity Recent use of Retinols (within last 7 days) Botox/anti-wrinkle injections, fillers or laser treatment (within last 4 weeks)

## MASSAGE

Although massage is safe, offering a wide variety of benefits for men women and children of all ages there are a few notable situations and health conditions where it should be avoided. The major of these are listed below:

- Anybody with a high fever or any other infectious disease. It is thought that massaging could spread the infection to the entire body
- Anyone with a contagious skin disease. Acne and rashes are two common examples
- Anyone under the influence of drink or drugs
- First trimester, Late pregnancy or if you are experiencing any problems
- Haemophilia
- Brittle bone disease

The following conditions require consent from your GP before massage can be undertaken.

- Any one suffering from cancer or has a history of cancer as cancer can be spread throughout the lymphatic system
- High/low blood pressure
- Epilepsy
- Diabetes
- Circulatory problems such as thrombosis, blood clots, dvt

Massage is intended to be used for healing or treating illness, it should only be given by a trained masseur. The following contraindications will be taken into account and can and will be worked around.

- Bad sprains or strains
- Bruising
- Wounds, cuts or abrasions
- Any area that has received surgical incision or recent scar tissue
- Burns, sunburn or windburn
- The abdomen within 2 hours of eating
- Any area that you are suffering from a hernia
- Any body part that is swollen or inflamed
- If you have circulatory problem such as varicose veins or thrombi phlebitis
- Osteoporosis (in this case a light massage will be given)

**Contra-indications for hot stone massage:**

While hot stone massages are beneficial, there are some situations where you should not get one. Children, pregnant women, and cardiac patients should not get one. If you are considered an elderly client, let your massage therapist know before so they can set the stones to the correct temperature.

In addition to these situations, do not get a hot stone massage if you:

- Experience Loss of Sensation - Do not get a hot stone massage if you have a condition that causes loss of sensation, such as neuropathy, diabetes, high blood pressure, and peripheral vascular disorder. This also applies to the post-surgery, injury, or trauma period if nerves were affected.
- Take Certain Medications - Before getting a hot stone massage, consider the medications that you regularly take. Avoid these treatments if you are on blood thinners and if any of your medications have heat-related side effects.
- Have a Depressed Immune System - While hot stone massage can help you feel restored, they are not recommended if you have a depressed immune system. If you have lupus, mononucleosis, Epstein Barr, or cancer, consult with your doctor before scheduling.
- Have a Skin Condition - The added heat of a hot stone treatment can irritate many skin conditions. These include burns, skin cancer, psoriasis, dermatitis, acne, eczema, and shingles. This also applies if you have any areas of weakened or inflamed skin.
- Recently Had Surgery or Treatments - While hot stone massages can relieve pain, you should not get one if you recently underwent surgery. This also applies if you recently underwent chemotherapy or any other radiation treatment.

If you have any other medical conditions that make you unsure if a hot stone treatment is safe for you, it is best to consult with your doctor.

## IPL SKIN REJUV/HAIR REMOVAL

We cannot treat you if the following conditions are present:

- Pregnancy
- Epilepsy
- History of light sensitive rashes
- Recent sun tan
- Undertaking treatment involving contra-indicated medication

The following table contains medication names that can cause photosensitive reactions which would contraindicate a client taking these medications:

\*Indicates high incidence of drug induced photoreactions

Drug Name	Trade Name
<b>Antibiotics</b>	
Dioxycycline	Vibramycin, Vibratabs
* Demeclocycline	Declomycin
Tetracycline	Achromycin, plus others
Nalidixic Acid	NegGram
* Lomefloxacin	Maxaquin
<b>Blood Pressure &amp; Heart Medications</b>	
Hydrochlorothiazide	Hydrodiuril, Oretic, plus others Note: many drugs contain HCTZ as one of the ingredients.
Chlorothiazide	Diuril, plus others
Furosemide	Lasix
* Amiodarone	Cordarone
<b>Other Drugs</b>	
Chlorpromazine	Thorazine
Psoralens	Isotretinoin (Accutane)
PABA and or PABA esters	
<b>Herbal/Natural Remedies</b>	
St. Johns Wort	Kava Kava
Melatonin	

The following table contains medications which may cause photosensitive reactions on a less common basis but would still contraindicate a client taking these medications:

Drug Name (Common Trade Names)	Drug Name (Common Trade Names)
Alprazolam (Xanax)	Nifedipine (Procardia, Adalat)
Amitriptyline (Elavil, Endep, plus others)	Norfloxacin (Noroxin)
Benzocaine (Sensorcaine and other numbing products)	Nortriptyline (Aventyl, plus others)
Captopril (Capoten)	Oestrogens (Birth control pills, Premarin, plus others)
Chloradiazepoxide (Librium)	Ofloxacin (Floxin)
Chloroquine	Oral Contraceptives
Chlortetracycline	Oxytetracycline (Terramycin)
Ciprofloxacin (Cipro)	Perfenazine (trilafon)
Co-trimoxazole (Bactrim, Septra)	Phenylbutazone (Butazolidin)
Dapsone	Phenytoin (Dilantin)
Diltiazem (Cardizem, plus others)	Piroxicam (Feldene)
Diphenhydramine (Benadryl, Benylin, plus others)	Prochlorperazine (Compazine)
Enoxacin (Penetrex)	Promethazine (Phenergan)
Fluoracil (5-FU)	Protryptiline (Vivactil)
Glyburide (Diabeta, Micronase, Glynase, and other names)	Quinidine (Quinidex, Quinaglute, Cardioquin, plus others)
Griseofulvin (GrisPeg, Fulvicin, and other names)	Quinine (Quinamm)
Haloperidol (Haldol)	Sulfonamide antibiotics (Bactrim, Septra, Gantrisin, plus others)
Hydralazine (Apresoline)	Thioridazine (Mellaril)
Ibuprofen (Advil, Motrin, plus others)	Thiothixene (Navane)
Isoniazid (INH)	Tolbutamide (Tolinase)
Methotrexate	Tretinoin (Retin-A)
Minoxidil (Loniten, Rogaine)	Trifluoperazine (Stellazine)
Naproxen (Naprosen, Alleve, plus others)	Vitamin A

## FREEZEPEN

Contraindications where we cannot treat:

- Impaired sensation or circulation
- Open wound (treatment area)
- Skin Cancer (treatment area)
- Hypersensitivity to cold
- Recent scar tissue (treatment area)
- Raynaud disease (for digit cryotherapy)
- Prone to Keloid Scarring
- Unstable diabetes
- Skin conditions, e.g. skin tumors, exanthema, open wounds, solar hyperkeratosis
- Unexplained, suspicious liver spots and moles
- Cancer tissues and malignant tumors



- All Melanomas and Recurrent Basal Cell Carcinomas are contraindicated for cryosurgery.

Contraindications related to temporary conditions:

- Infections accompanied by fever
- Acute chemotherapy or radiotherapy from four weeks before beginning the therapy to four weeks after finishing the therapy
- Pregnancy or breastfeeding
- Cold intolerance
- Vascular insufficiency

## TANNING

A spray tan will not be offered to clients suffering with:

- Skin Infections (fungal, viral or bacterial)
- Eczema
- Psoriasis
- Cuts and abrasions
- Clients with severe asthma will need a GPs consent prior to treatment
- Pregnant clients are not advised to have a spray tan as the tan may not take or streak due to hormone changes.

## MICRONEEDLING DOWNTIME

<b>Cosmetic treatment</b>	<b>Approximate time to allow before or after carrying out skinneedling treatment</b>
BOTULINUM TOXIN	2 WEEKS
DERMAL FILLERS Hyaluronic Acid (HA) Vital/Hydrate Sculptra Radiesse	2 WEEKS 2 WEEKS 6 WEEKS 6 WEEKS
PEELS & EXFOLIATION Microdermabrasion Superficial Peel Medium/Deep Peel	1 WEEK 1 WEEK 6 WEEKS
LASER, LIGHT & RADIOFREQUENCY IPL Laser Hair Removal Resurfacing/Ablative Radiofrequency	2 WEEKS 2 WEEKS 6 WEEKS 6 WEEKS
RX VITAMIN A (TRETINOIN) PRE SKINNEEDLING	Wait until skin is acclimatised with no or minimal erythema (~8 weeks +). stop 3 days before
RX VITAMIN A (TRETINOIN) POST SKINNEEDLING	Re-start once post-treatment erythema has completely gone. Ensure high level UV protection is used.