



Dermafile Professional™ Treatment

Please Read All Instructions

- 1) Cleanse skin thoroughly.
- 2) Remove Cleanser with warm damp towel or sponges. Rinse well.
- 3) Blot skin dry with tissue.
- 4) The next step is to use your Dermafile™. Have a small soft tooth brush by your side to clean the file as you go if needed. Always keep your file very flat against the skin. You will use the Medium file most often. The Fine is good for sensitive skin and around the eye area. If your client has thick leathery skin (sun damaged or male) you may use the Coarse file. Use a light touch. There is weight to this tool so you can let it rest in your hand. Don't apply a lot of pressure. It is not necessary. Use a circular or back and forth motion. Do not stay too long on any area at a time. It is best to complete a small area before moving to the next part of the face.

Start with the forehead and proceed to the side of the face along the corner of the eyes and under the eyes. Next proceed to the nose area starting between the eyebrows and work your way down the side of the nose. The rounded edges will enable you to polish the whole nose. This too is a very delicate area so use a Fine or Medium file if necessary. Follow along the side of the face and around the mouth. You may file a little extra on crusty sun damaged areas and acne scars. File around the chin area and have your client look up or back so you can polish the neck. Repeat this process on the other side of the face. The Dermafile™ is also perfect for the décolleté.

- 5) Gently remove dead skin cells with soft damp cloth or sponges.
- 6) Apply appropriate mask for skin condition.
- 7) Rinse off mask the apply toner, moisturizer and sunscreen.
- 8) This treatment may be repeated once a week for 4 to 6 weeks. Then one treatment every 4-6 weeks thereafter. You may add microcurrent and/or LED Light Therapy for the Ultimate Facial treatment.

Remember, that not everyone is going to have dead skin coming off during a Dermafile™ treatment. Some people will have a lot. But either way the treatment is very effective. You are still smoothing the skin and any time you abrade or cause any trauma to the skin you will build collagen and thicken the dermal layers. Some of your clients will become very dehydrated after a treatment and skin will roll off for days. Either give them a good scrub and hydrating cream for home use or bring them in for an enzyme and hydrating treatment in a week. Some clients will not react at all but will love the exfoliation of the Dermafile™ and smooth skin afterwards. When done properly everyone can enjoy these treatments and the effects on a regular basis indefinitely.

Caring For Your Dermafile™

The Dermafile™ US is made to be used for many treatments and the plating should last between 6 -10 years with proper care. It is considered a semi-critical device, which comes into contact with intact skin.

Hospital grade enzyme detergent and disinfecting are the minimum process requirement. Immediately after each use, the Dermafile™ should be cleaned by soaking in enzymatic detergent for 15 minutes. I recommend Sporidicin Enzyme Cleaning Solution and can be purchased online at <http://www.americanairandwater.com/Sporidicin-cleaner.htm>

An ultrasonic cleaning machine is really helpful for the enzyme soaking. The Dermafile™ should then be rinsed in hot running water and the abrasive surface scrubbed with a clean soft brush to remove the dead skin cells. The Dermafile™ should then be placed in a hospital grade disinfecting solution. I recommend Husky 820 hospital disinfectant ...Read the label on the solution for the proper soak time. Preferably no longer than 10 min.

CAUTION: Carefully follow the labeling instructions of the disinfectant. Dilution and the soak times are important; the common soak time is 10 minutes. Soaking beyond the recommended time of 10 minutes may cause damage to the diamond plating.

STEAM STERILIZATION:

The Dermafile™ can withstand steam sterilization. Autoclave.

If you have any questions, please feel free to contact us directly and it will be our pleasure to assist you!



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