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« Crystal Free » system

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Crystal Free System

Crystal Free Microdermabrasion

Thank you for purchasing the Crystal Free exfoliation system. We realize that there are many Crystal free systems available and we are confident that choosing a Silhouet-Tone product, crafted and manufactured in North America, will reward you with many years of trouble free operation and excellent results the industry has come to expect from our products.

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01. Important Safeguards

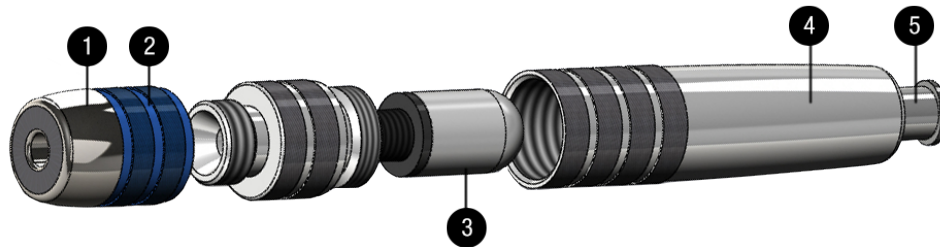
Read the following instructions before using this apparatus.

1. This apparatus is to be used only for purposes that are approved and described in the following manual. Use only with attachments recommended by the manufacturer.
2. **Never** perform a procedure on inappropriate or sensitive areas.
3. Prior to each use of the system, inspect all cables and attachments for any damage, excessive wear, or crimping that could affect system performance or safe operation. Never use the system if any damage is visible.
4. This apparatus should only be operated by an appropriately trained and certified personnel possessing knowledge of the body physiology and only in a professional setting. If you have any questions regarding the operation of this unit, contact SILHOUET-TONE or your local distributor.
5. **All maintenance work** must be done by SILHOUET-TONE or an authorized service representative. Do not attempt to service this unit yourself. Always use Silhouet-Tone certified replacement parts and accessories.
6. **Never** immerse the Crystal Free hand piece in any type of solution.

Save these instructions.

02. Connecting the “Crystal Free” System

Crystal free hand piece



1. Crystal free stainless steel tip.
2. Color coded band, identifying abrasiveness index.
3. Crystal free internal filter.
4. Crystal free handle.
5. Hand piece tube's outlet.

Color coded tips indicating degree of abrasiveness



Connecting the “Crystal Free” hand piece

- Connect one end of the vacuum tube into the vacuum outlet of your Microdermabrasion unit and the other end into the crystal free hand piece tube's outlet (*outlet #5 on above picture*).
- Choose the appropriate tip (according to desired degree of abrasion) and screw into place.
- Turn the Microdermabrasion unit on.



Note: Ensure the microdermabrasion unit is powered off before connecting the crystal free hand piece.



WARNING:

- ✓ Always begin procedure at the lowest intensity setting.
- ✓ Always insure that the filter is inserted into the hand piece before any procedure.

Changing the Crystal Free internal filter (#3)

- The filter located inside the hand piece constantly collects skin residue and periodically **(every 10-12 sessions)** requires verification.
- Unscrew the crystal free handle than unscrew the filter.
- Discard the old filter.
- Screw the new filter in place, than the crystal free handle.
- You can restart a new series of about 10-12 sessions.



IMPORTANT:

- ✓ It is strongly recommended to replace the Crystal Free internal filter after 10-12 sessions. If filter is not replaced the vacuum intensity will drop progressively and can damage the microdermabrasion unit.
- ✓ A drop in suction intensity requires IMMEDIATE replacement of the hand piece's internal filter.
- ✓ New filters can be ordered from Silhouet-Tone or your local distributor.
- ✓ We recommend having few filters on hands to replace as needed.

03. Contraindications of Crystal Free Exfoliation

Reminder

- Refer client to physician for any medical treatments or doubts regarding skin conditions.
- Perform Crystal Free procedure **ONLY** on healthy skin, free of infections or inflammations (wounds, infected scars, acne, etc.).
- Do not abrade beauty spots or moles, by-pass them without touching.

CONTRAINDICATIONS

- Allergy to stainless steel.
- Active local skin infection of all types (herpes simplex virus, flat warts, etc.).
- Active acne (with pustules).
- Users of Isotretinoin medication (Accutane, Roaccutane) must wait 6 months between medication interruption and beginning of exfoliation procedure.
- Vascular lesions (broken capillaries and rosacea).
- Uncontrolled diabetes.
- Eczema, dermatitis or any inflammatory skin condition.
- Skin Cancer.
- Blood thinner.
- Any medical condition that prohibits exfoliation.



Caution:

- ✓ **Prior to procedure, always test the abrasion intensity on the inside of the client's forearm, where the skin is most sensitive. Wait for 5 minutes and if no reaction is observed (redness, rash, bumps, swelling or any other reaction on tested area) you can begin procedure. If any reaction appears, do not proceed, if necessary refer the client to a doctor.**
- ✓ **Extra care must be taken when working on mature or reactive skin.**
- ✓ **For first exfoliation, always use the fine metallic tip at the lowest suction.**

Potential Side Effects

Metallic tips are made of biocompatible material therefore skin allergic reactions are rare. The majority of reactions (unless allergy to stainless steel presented) are related to procedure's intensity and user's manipulations.

Potential side effects:

- Mild erythema and increased sensitivity may be observed, but usually resolves within 24 hours.
- Petechiae may appear during or after the procedure. This indicates that settings are too strong so you need to reduce the intensity. Mature skin is particularly susceptible to this type of reaction but will usually resolve within 48 hours.
- Telangiectasia or other vascular conditions may be aggravated by crystal free skin exfoliation.
- Mild flaking may occur over 2 days.
- Post microdermabrasion hyperpigmentation effect can be avoided by avoiding sun exposure and using sun block.

04. Metallic Tips Cleaning and Sterilization

The metallic tips offer various degree of abrasiveness, ranging from gentle to more aggressive. Finer tips are less abrasive, inducing a gentler exfoliation. It is very important to keep the tip surface clean.

Metallic tips are made of biocompatible material and are reusable. They have to be treated as a critical device, coming into direct contact with the skin, so disinfection and sterilisation is required. We recommend having two or more Crystal-free tip kits on hand.

Cleaning procedure:

1. Immediately after each use, the metal tip should be **cleaned** for 15 minutes under running water, scrubbing with a fine brush to remove any residues. You can use a very gentle detergent (with pH between 5-7, not too basic, not too acidic) to avoid tip damage.
2. Autoclave sterilization is strongly recommended. The tips can withstand steam sterilization. Dry tips thoroughly following cleaning. Gravity Displacement Steam Sterilization: if the tips are sterilized in an unwrapped tray the “flash” cycle may be used. This is five minutes at a minimum temperature of 132°C (270°F) in a steam autoclave.



Important:

- ✓ **CLEAN THE TIPS FOLLOWING THE SAME PROCEDURE BEFORE FIRST USE!**
- ✓ **Always use a fine brush (preferably polymer made) to not damage the tips.**
- ✓ **Never hit, scratch or damage the tips in order to maintain their abrasive properties.**
- ✓ **We recommend that you not use the “Crystal Free System” if you are unable to properly clean and disinfect it as per recommendations.**
- ✓ **NEVER immerse the tips in any acidic or caustic solutions.**
- ✓ **Keep the tips DRY in order to preserve their properties.**
- ✓ **Accessories are not covered by the warranty and must be replaced once they have lost their abrasive properties (depending of the frequency of use).**

05. Protocol of Crystal Free Procedure

5.1 Procedure Parameters

Keeping clients informed and setting reasonable expectations are essential in preventing disappointment, especially with problematic skin (acne scarring, pigmentation problems, scars, etc.).

Clients should be informed that multiple sessions may be required before seeing improvements.

The variable parameters for a successful procedure are:

- Metallic Tip selection: fine, medium, coarse or very coarse.
- Vacuum intensity.
- Number of passes over the skin.

Metallic Tips

The tip will be chosen according to skin sensitivity and coarseness. A fine skin requires a fine tip and a coarse skin requires a coarse tip.

It is very important to maintain the abrasive surface clean.

Vacuum Intensity

The vacuum setting determines the amount of pressure between the skin and the abrasive surface of the metallic tip.

- Low vacuum intensity applies a low abrasive force; it is a conservative procedure.
- High vacuum intensity applies a high abrasive force; it is an aggressive procedure.

A high intensity vacuum setting can cause redness (petechiae). If the redness is too pronounced, reduce the vacuum setting intensity. Redness usually resolves in several hours.



Warning: Never use metallic tips around the sensitive eye area. It may cause redness and swelling.

Number of Passes

The metallic tip should pass over the skin surface at least two overlapping passes to attain uniform results. Usually, the first pass is vertical and the second pass is horizontal. The speed at which you move the wand is not critical.

5.2 Procedure Schedule

Use basic schedule for the following skin conditions.

- Sun damaged skin.
- Enlarged pores and seborrhea.

Basic procedure schedule should proceed in the following manner for 6 sessions:

- The first 3 sessions should be at 14 day intervals.
- The next 3 sessions should be at 21 day intervals.

Maintenance sessions should be once every 6 weeks. Clients need to comply with a maintenance program to achieve complete results.

5.3 Exfoliation Protocol



Important:

- ✓ Begin first session using the finest metallic blue tip.
- ✓ Start the first exfoliation procedure with the vacuum adjustment at a low setting.
- ✓ Always perform an intensity test on the client's forearm before proceeding.

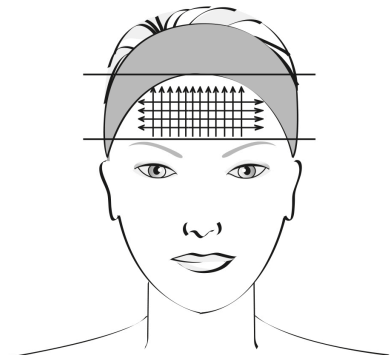
Exfoliation protocol

- Cleanse the skin with a water base or gel cleanser and rinse thoroughly.
- Keep the skin taut and hand piece at 90 degree angle.
- Always work on small areas one at a time, using a square pattern consisting of 2 horizontal passes followed by 2 vertical (the speed which you move the hand piece is not important). Fewer passes will result in a lighter procedure, more passes, a deeper procedure.
- It is recommended to use short, rapid strokes on sensitive areas
- Always use a magnifying lamp when working, to detect blood specks under the skin and prevent bruising or oozing.
- To reduce redness following an exfoliation procedure, use cold compresses or a soothing lotion.
- Apply a soothing moisturizing mask. Leave on for indicated time, than remove.
- Spray a soothing lotion on the face and apply a protective cream with sunscreen protection.
- **Do not** use a heat mask. We recommend the use of a cold modeling mask to reduce redness.

5.4 Procedure Chart

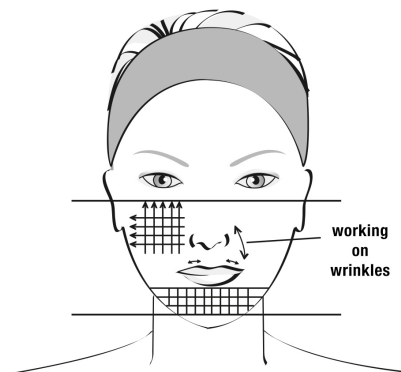
Divide the face into 3 Zones

- **Zone 1: Forehead** (below the hairline and above the eyebrows).
- **Zone 2: Mid face area** (nose, cheeks, jaw, upper and lower lip, chin).
- **Zone 3: Neck and “Décolleté”.**



Zone 1: Forehead

- Be conservative during the first procedure using a magnifying lamp to reassess the abrasion. Use a **fine or medium tip and vacuum intensity setting at lowest value.**
- Start by proceeding from the brows to the hairline vertically Go over area repeatedly to desired depth of exfoliation. Repeat the pattern horizontally.

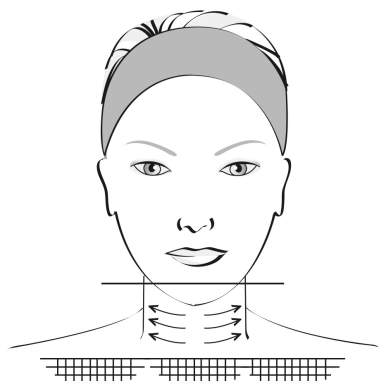


Zone 2: Mid-face area

Use a **fine or medium tip and vacuum intensity setting at lowest value.**

Take additional steps to keep the skin taut and avoid areas around the eye.

- Begin on the side of the face with vertical passes and cross with horizontal passes. Go over areas repeatedly to achieve desired depth of exfoliation.
- Move down on the nose following the contours, and around the creases.
- Work the upper lip area moving horizontally from the corner of the mouth over to encompass the smile lines. Make sure the skin is kept taut. Then pass to the chin and lower jaw areas with vertical and horizontal passes.
- **Never** pass on the lip's border and colored part.
- For horizontal wrinkles use horizontal passes, for vertical, use vertical passes.



Zone 3: Neck and "Décolleté"

Use the **fine or medium tip with reduced vacuum intensity** when working on the neck to avoid streaking. Always make sure the skin is held taut.

- Most clients require only horizontal passes on the neck area. Passes are performed from center outward.
- The Décolleté' will require vertical and horizontal passes using the fine or medium tip with lower vacuum setting similar to the neck.

After fully exfoliating the face & neck area, return to areas requiring more attention such as pigmentation, wrinkles or scars.

After procedure:

- Rinse treated area with soothing lotion and cool compresses.
- Apply appropriate calming or cooling mask, leave on for 5-10 min.
- Remove product with cool towel.
- Apply moisturizer and sun block.

5.5 Potential Side Effects

During the 3rd or the 4th day following a session, skin may desquamate if the intensity used during the procedure was too high.

Swelling and redness:

- May be due to aggressive or low pH acid products used after the procedure.

- Low pH products containing Retinol-A, AHAs, enzymes or essential oils may also cause skin irritation when used after skin abrasion. Skin will therefore be over treated and may react causing swelling, heating or redness.
- Following over aggressive procedures, some skins may also show slight swelling. This is not a problem. Apply calming and hydrating products.
- Petechial rash may appear during or after the procedure. This usually indicates that the vacuum setting is too strong. Working with low intensity on mature skin will avoid the problem.

Allergic skin reaction:

- An allergic reaction to a cosmetic product will cause an intense heat sensation, intense redness or itching during product application. You must remove the product immediately and use a cooling mask.

Pigmentation problems:

- Be extra careful with skin that is prone to hyper pigmentation. Avoid the sun and tanning beds and use sun block at all times.

Very Important:

During consultation, we recommend giving to each client a "Client Instructions Sheet". It is recommended to perform consultation and exfoliation sessions at 2 to 3 weeks intervals.

Most skin reactions can be avoided by providing the "Client Instructions Sheet", prior to first procedure.

06. Client Instructions Sheet

Prior to peel

- Discontinue use of: retinoids (Retin-A, Renova), AHAs (glycolic or other acids) or any other chemical peels at least one week prior to peel.
- Postpone procedure in case of active herpes (cold sore) outbreak or if you plan exposure to strong sunlight (such as sailing, skiing).

Immediately after peel

Moisturizer and sunscreen will be applied before leaving facility.

- Your skin will feel like a mild wind burn or sunburn. Maintain hydration, both topically and internally (drink plenty of water).
- Moisturize and reapply sunscreen several times throughout the day, as needed.
- **Avoid** direct sunlight as you now have fresh, newly exposed skin.
- **Avoid** whirlpool or swimming in a chlorinated pool the day of the exfoliation.
- **Avoid** waxing treated areas for two (2) weeks after procedure.

After peel

- Maintain hydration of skin and increase fluid intake.
- Continue to use sunscreen at least SPF 15 up to SPF 35. *(The use of a sunscreen above SPF35 is not recommended as it can induce irritation following skin exfoliation).* Be extra careful if skin is prone to hyperpigmentation and use sunscreens at all times.
- Exposure to UV rays **must be avoided** during 7days after exfoliation.
- **Avoid** retinoids, glycolic acids or any chemical peels for three (3) weeks following procedure.

07. Important

This system makes no medical claims. This procedure is not used in any mean of treating any medical pathological condition. The system is intended and should be used by licensed estheticians for esthetic purposes only.

Terms microdermabrasion, dermabrasion, exfoliation or peeling terms describe the same procedure: the esthetic exfoliation.

The masculine generic refers to both the masculine and feminine genders and is used for conciseness purposes only.

1. If you have questions regarding the operation of this system, call Silhouet-Tone or your local distributor.
2. Silhouet-Tone is not responsible for damage or accidents caused by the incorrect or unprofessional usage of the system.
3. "Crystal Free" System includes:
 - 416690 | 1 "Crystal Free" Handpiece
 - 416683 | 1 Fine Abrasion Tip (Blue)
 - 416685 | 1 Medium Abrasion Tip (Grey)
 - 416687 | 1 Coarse Abrasion Tip (Yellow)
 - 416689 | 1 Very Coarse Abrasion Tip (Red)
 - 416004 | 1 Vacuum Tube
 - 420976 | 1 Instructions Manual

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