



**Indirect High Frequency Machine Skill**

**Benefits**

**(How does it help the client?)**

- Generates a warm feeling that has a relaxing effect on the skin – Neon
- Increases circulation Neon
- Increases Cellular Activity Neon
- Stimulates lymph flow -Neon

**Indications**

**(Who is the ideal client?)**

- Client that need improved circulation
- Client that may not be suitable for a massage
- Client's with dry or dehydrated skin
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**Precautions of Use**

**(Could the treatment still be performed?)**

- Clients with couperose skin, acne or high blood pressure.  
Clients who have braces, asthma or epilepsy. (Client should avoid contact with metal during treatment)
- Clients who have skin sensitivity or irritated skin
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**Contraindications**

**(Could you make it worse?)**

- Client or esthetician is pregnant (do not use)
- Clients who have pacemakers (do not use)
- Clients who have Acne -Type 3 (may spread infection.)



**Pre-Procedure**  
**(Client Greeting)**

1. Client greeting and offer water
2. Have client fill out history intake form or follow up form
3. Escort client to changing area
4. Help client onto bed, cover hair and drape with towel
5. Client consultation.
6. Sanitize and glove hands according to gloving skill
7. Magnifying lamp (First look)
8. Eye cleanse
9. Lip cleanse
10. Magnifying lamp (First skin analysis)
11. Basic cleanse
12. Second Skin Analysis (Wood's Lamp)
13. Exfoliation
14. Rotary Brush Machine w/ steam
15. Spray Machine

**Pre Procedure**  
**(Supplies and Tools)**

1. Choose neon electrode
2. Insert glass electrode into high frequency hand piece.



***Epidermal Cell Therapy Signature Facial***

***Basic Esthetics Skills***

**Procedure**

1. Inform client they will feel a slight prickle sensation and of high frequency electrical sound
- 2 Inform client they will be holding the handle in the left hand and the electrode in the right hand.
3. Have serum appropriate for client's skin type and conditions on work station
4. Place the client's left hand on the high frequency handle and right hand on the indirect electrode and ask them to relax.
5. **Chest:** Using both hands on each side of the face spread serum onto skin starting with chest (sternum bone and platysma muscle)
- 6 **Neck** - Move onto neck (throat & platysma muscle) area
7. **Face** –Continue spreading serum starting at mandible bone moving upwards onto zygomatic bones, frontal bone, down to nasal bone and slide to maxillary bones. (Repeat serum application if necessary)
- 8 Turn on modality and start increasing slowly increasing rheostat to correct setting. .
- 9 Check with client to be sure they are comfortable
- 10-**Chest** Begin tapotement (tapping fingers) beginning on chest (platysma muscle and sternum bone) area.
11. **Face** Continue tapotement onto mandible bone, zygomatic bones, maxillary bones, nasal bone, to frontal bone
12. **Face-** Place index and middle fingers of each hand under center of mandible bone and start slow, small stationary light circles, working outward toward the perimeter of both sides of mandible. Repeat movements one time.
13. **Face-** Place index and middle fingers from each hand on cheekbones (zygomatic bones) and use same circular movements (as on mandible) across zygomatic region starting from the perimeter of the face working inward toward the nose (nasal bone). 14. Repeat procedure starting with steps 2-10 one time



**Functional Safety Procedure**

**(Designed to reduce the danger or harmful effect to the patient by understanding the hazards and risk.)**

1. Positive outcome –What should you expect to (physical examination of the skin appearance)
  -
2. Negative outcome –What you shouldn't expect to physical see.
  - Please continue to Emergency Management

**Emergency Repair Procedure**

**(Designed to correct or low down the effects negative outcome to the patient.)**

1. Chemical hazard –What should you expect to (physical examination of the skin appearance)
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2. Physical hazard –What you shouldn't expect to physical see.
  - Please continue to Emergency Management

**Post Procedure**

1. Turn rheostat to the off position and switch power of high frequency machine to off position.
2. Inform client you will be removing the high frequency handle and electrode from their hands and do so.
3. Remove electrode from handle and place in the used implement area. Place handle in holder attached to machine
4. Use antibacterial gel on gloves



**Epidermal Cell Therapy Signature Facial**

**Basic Esthetics Skills**

**Maintenance and Infection Control**

- Wipe high frequency handle, cord, and switches with hospital grade disinfectant
- . Hold electrode (glass) with dry hands (do not touch base of electrode) Wash electrode with warm soap and water. (Do not submerge glass electrode in water)
- Rinse and submerge electrode (head only) in hospital strength disinfectant for 10 min.
- Remove from disinfectant.
- Rinse electrode head with water and dry.
- Spray with alcohol dry and store in covered container.
- Use clean cloth on glass because the paper towel and other paper products can damage the glass.
- When dry, transfer to a closed container.
- Refer to OSHA and your state board

**FYI & Tips**

- Glass electrodes must be handled gently as they are fragile.
- Always place electrodes in used implement area.

**Closing Treatment-Procedure**

1. Discuss Post don'ts
2. Design a treatment plan
  - Discuss treatment effectiveness- success outcome (current improvements and benefits)
  - Discuss treatment efficacy – strive to achieve (future appointment schedule)
3. Design Patient at Home Protocol
  - Recommend products for home use.
  - Discuss the importance of Patient Engagement



**Frequently Asked Questions**  
**Indirect High Frequency Machine**

**What current is used in high frequency treatment?**

High frequency Alternating Current

**What does it cause?**

It causes vibration and static electricity. The high vibration in the gas makes the glass vibrate this makes the cells in the body vibrate.

The electrons speed up to more than 300,000 times per second.

**What does the vibration do to these cells?**

Stimulates and increases cell functions.

**With Indirect High Frequency what else is vibrated besides the cells in the body, gas, and glass?**

The air is also vibrated.

**What happens to the air when it vibrates at a high speed?**

Air has a lot of molecules and they rub against each other and create friction.

**What is in your glass electrode?**

Gas

**What kind of gas?**

Neon = Red - These gases are conductors. (Noble gases conduct)

**What would your glass electrode be?**

The glass acts as an insulator.

**For what skin condition is High Frequency Neon Used?**

Use on skin that needs improved circulation or stimulation.

**Why do you use lotion?**

Lotion is used for a slip. Tapotement can be used up to for ten minutes