

JOANNA TRINGALI FACIAL MASSAGE EDUCATION

Contraindications Chart

CONTRAINDICATIONS	EXPLANATION
Local Absolute Contraindications	
Active cold sores	No Intra-oral work, stick with external Buccal Massage or other modalities. If client is prone to cold sores, Intra oral or any work around mouth can stimulate a speeding up or expression of a cold sore. They can check with their doctor, but if they already use lysine or cold sore prevention meds, now would be the time to proactively use.
Recent facial, head, scalp, neck or oral injury or surgery (injury, bacteria, irritation)	Wait for health care providers clearance. If the health care provider says it is ok and you feel it's not, then do not proceed. Stitches should be healed/removed; meds for pain and infection should be finished; do not work if there is any pain, tenderness, oozing of fluids, fever or other signs that massage should be avoided.
Recent skin treatments that require waiting because of exfoliating nature ie., lasers, high level peels, MN, tattoos	Exfoliating and repetitive work do not go well together. Client skin sensitivity and/or their propensity to break out after facial treatments guide what you can do after mild exfoliation only. MLD or light gua sha could be more appropriate.
Botox/fillers/threads in head/face	Wait time varies by Dermatologist/Injector/Surgeon. Even when cleared by health care professional, caution should be used in these areas because you can inadvertently move the implanted matter. Overall, 4 weeks is usually fine to begin light work for injectables. Threads should wait 6 months before any work, but use caution with these areas. Do not work through any of these situations if you judge clearance by health/medical professional is too early.

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Acute dental issues	Wait for clearance from dental professional.
Lymph node removals + lymph infection or blockage in head, neck	Seek medical approval. Keep in mind we do not wish to cause a spread of infection or backup of lymph fluid that can cause dangerous conditions. Best to stick with light work if clearance is given (MLD training best for these situations).

CONTRAINDICATIONS	EXPLANATION
Systemic Absolute Contraindications	
Pregnancy or TTC (trying to conceive)	In Traditional Chinese Medicine, there is a connection between mouth and pelvis energetically. So Buccal Massage at this time is contra-indicated. Wait until healed and cleared after delivery or miscarriage. When TTC, avoid Buccal Massage.
Epilepsy	Risk of stimulating seizure, and creates risk for your hand as well (biting).
Undergoing Cancer treatment	So many reasons, but consider lip sores/cracking, burns and other local issues, but systemically all energy should go into helping reduce the cancer.
Infectious disease	Immune function is impaired; all energy should go toward restoring immunity.

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Proceed with Caution	
Unmanaged acne	Stimulation of blood, lymph, etc. can hasten a breakout. Work to manage the acne first.
Recent hair removal or exfoliating treatments	Wait 2 weeks for laser hair removal treatment to heal. Mild exfoliating treatments are ok, but proceed with caution especially for clients with sensitive skin or have a history of breaking out with facials.
Botox/fillers/threads past the times listed above in Local Absolute Contraindications	Be cautious - we don't want to move or damage the substance that was implanted.
History of cold sores	If client is prone to cold sores, Intra oral or any work around mouth can stimulate a speeding up or expression of a cold sore. They can check with their doctor, but if they already use lysine or cold sore prevention meds, now would be the time to proactively use.
Using medicine/herbs that cause blood thinning	Seek health care providers clearance. Any pressure can cause bruising with blood thinning meds. Communicate risk to client.
Sensitive skin, recent exfoliation	Work slowly and cautiously; shorter sessions may be helpful; you may be able to condition the tissues for longer sessions.