

Full list of Contraindications or considerations for Facial Osteopathy

CONTRAINDICATIONS

- Fever Anytime you have a fever, whether from a cold, the flu or some other infection, you should not get a massage. Massage increases circulation which may, in turn, help the infection increase the severity of the fever and the infection.
- Contagious Diseases/Herpes If you have an infectious disease you are putting your therapist and even your therapist's other clients at risk of getting it. Please be considerate to your therapist and cancel your massage if you come down with a contagious condition.
- Blood Clots Massage can loosen blood clots. This could be dangerous because the clot could migrate to the brain, lungs or heart. If you are aware of any blood clots, consult your doctor before the massage to ensure they will not be affected by massage therapy.
- Heart disease or the presence of a pacemaker
- Pregnancy
- Kidney Conditions or Liver Conditions Massage can increase strain on both the liver and kidney if they are not functioning normally. This occurs because massage increases blood flow, increasing the movement of waste through the body. If you are experiencing a health problem with either your kidney or liver it is likely that massage will not be appropriate for you. Talk to a health care professional to see if massage will aggravate any kidney or liver condition.
- Cancer Though massage is good at relieving some of the discomfort caused by cancer, it should only be given by someone trained to work with cancer patients. The patient should obtain a release form from his/her doctor to get treatment.
- Inflammation If you have inflammation of any kind massage to the area will further aggravate the situation.
- Uncontrolled Hypertension Massage increases blood flow. If you have high blood pressure that is not under control, the increased blood flow that is a result of massage therapy may cause problems.
- Oral cavity disease in an aggravation stage
- Epilepsy
- Acute neuritis of the facial nerves
- Increased bleeding of gums or Oral diseases gingivitis, stomatitis, xerostomia etc.)
- Chronic otorhinolaryngology disease (Otitis media, Sinusitis)
- Clinical depression, neurosis, psychosis and other mental and neurological disorders, traumatic brain injury, alcoholism, and drug addiction are contraindicated if not medicated.
- Following a brain injury
- Thyroid disease
- Skin diseases (for example Rosacea stage I/II is okay but contraindicated for stage III)
- Strong allergy reactions
- Lymphatic pathologies
- when taking medication, dietary supplements that thin the blood
- Systemic and autoimmune skin diseases (Lupus, Erythematosis, Scleroderma etc.)
- Biorevitalization, and mesotherapy: seek your practitioner's clearance (depending on the density of the Hyaluronic acid usually wait for 1-3 weeks)
- non-absorbable threads (gold, etc)
- Hyaluronic acid filler injections - wait after complete resorption (12 months)
- Mesothreads, 3D threads, Aptos threads, polylactic acid and other absorbable threads: wait after complete resorption (seek your injector's clearance, wait between 3-12 months)
- Botox - seek your injector's clearance (wait 2-3 weeks: the local area will be avoided, wait 3-6 months to receive our complete facial)
- local surgery - seek your healthcare clearance (for example wait 6 months after a Rhinoplasty, Facelift plastic surgery/ Blepharoplasty, dental implants, jaw cysts surgery or body operation wait for 1 month/Otorhinolaryngology, eye, dental operation, Laser nasal mucotomy, laser eye surgery, restoration of the tympanic membrane wait 3 months etc.)
- Peelings (medium and deep) wait for 1 month - wait 15 days for superficial
- Microdermabrasion wait 2 weeks
- laser removals of moles, papillomas, and age spots wait for 1 month
- Plasma lifting: wait for 2 weeks
- Photorejuvenation (IPL) wait for 10 days
- laser resurfacing wait 2 months
- thermage: wait 4 weeks