

WHAT TYPE OF NUMBING DO I BUY?

Many clients find stronger numbing cream helpful, especially if the current needs to be increased to remove stubborn hairs that grow following plucking. You will need stronger numbing for body and genital anyway.

Please **DO NOT** attempt to use NUMB IT for genital hair removal as its not effective. "Numb it" is an over the counter numbing, only 2-5% which mostly isn't very effective.

I think it's best to start out with the strongest available particularly if you identify as **Transgender &/or Gender Non Conforming** and are taking hormones as they significantly increase pain sensitivity.

Compounding pharmacies prepare special medications - they're not normal pharmacies. You **DO NOT** need a doctor's prescription as it's only a small 10gm tube that you'll receive. Your pharmacist may suggest another type of numbing, always get the strongest you can using below as a guide.

Please phone your local compounding pharmacy 1 week before to ensure they have the ingredients and can prepare it before your First Consultation appt.

There are compounding pharmacies sprinkled around Brisbane, search Google to find your nearest if the ones listed below aren't close by.

NUMBING RECIPE:

Anaesthetic numbing gel:

Lidocaine 6% & Tetracaine 4% - 10g tube

Keep in fridge - not in the car

Preserving the efficacy of your numbing is critical to it working well when you need it and it keeps longer if refrigerated.

Here are some Southside Pharmacies you can order from:

MIX Pharmacy Springwood

Please text name and address to: 0450459485

3B/15 Dennis Road, Springwood.

10 grams (approx \$35). They will ask for your card details to pay over the phone and you can collect cream in a few days.

MIX Pharmacy also has an Ipswich branch.

East Coast Compounding Pharmacy (approx \$30)

L2, 10/687-689 Old Cleveland Rd

Wellington Point Q 4160

3822 6444

Victoria Point Pharmacy

Pelicans Nest

10/149 Colburn Avenue

Victoria Point Q 4165

32077481

www.vppharmacy.com.au

TKTX tattoo numbing:

Please order your cream well before your appt to ensure it arrives in time. Choose whichever colour tube(s) you want, it doesn't seem to make any difference, they usually provide good numbing.

<https://tktxaus.com.au/products/tktx-green-10g-tube>

HOW MUCH NUMBING DO I USE?

Thick, dense facial hair: Choose 3 areas on right side of face to apply numbing. Such as upper lip, cheek and neck. As a guide for size use a 50 cent piece size area on cheek, neck and just one side of upper lip or sideburn area. If hair is dense your hair will require thinning out first which means every 3rd or 4th hair will be treated leaving healthy, healed skin between treated hairs. This means your skin will heal faster too.

Sparse facial hair: Cover entire areas with numbing as you don't have as much so a larger area can be covered in a shorter timeframe.

Body areas: Underarms again follow above if dense hairs then use 50 cent piece area to apply numbing to right underarm. If sparse and few then covering both underarms is fine. Other body areas apply to the above instructions as well. Remember to cover with cling film or glad wrap to avoid numbing drying out.

Genital area: Only use compounded numbing or TKTX stronger numbing for this area. I will not treat anyone with no numbing or Numb It. Follow same instructions as above for dense or sparse hairs. Always cover with cling film to keep numbing active.

APPLYING NUMBING ON THE DAY OF YOUR APPT:

2 HOURS BEFORE YOUR APPT: Apply a layer of numbing cream over your hair and cover with cling film.

1 HOUR BEFORE YOUR APPT: Re-apply another thicker layer of numbing cream to the same area again and recover with cling film. Ensure you put cling film over numbed areas. Sticky tape works well to keep cling film in place on the skin without ripping hairs out or damaging skin. You shouldn't be able to see much hair through the numbing cream (unless it's clear numbing gel). If using TKTX cover thickly so you can't see much hair through the cream. **Cover with cling film to keep moist and active.**

DO NOT Remove the cling film/glad wrap before your appt as I need to see where you have applied numbing and if it's been applied effectively. And if numbing dries out it stops working.

Please **DO NOT** consume alcohol or drugs prior to your treatment.

PATCH TEST:

As with all medications, do a patch test a few days before your appt to ensure you aren't allergic. Patch test a few days before using it on the day. If you arrive with an allergic skin response because you haven't done a patch test, you won't be able to be treated anyway. Perform the patch test on the inside of your forearm a few days before your appt as follows:

HOW TO DO A PATCH TEST:

Apply a thin amount the size of a 5 cent piece to your forearm and cover with cling film for 2 hrs. During that time if you have any major reaction as below wipe off, wash with soap and water to remove completely. Avoid applying in again if you experience an allergic reaction. You will have to choose another numbing.

Some find TKTX to be allergenic as the base is unknown. That's why I recommend a local compounded numbing cream. In this case return to the pharmacy and inform them so they can formulate another numbing excluding the possible allergen.

A small number of people can have major skin reactions including: blistering, strong stinging and or itching, extreme redness, strong burning in which case you are allergic particularly if it takes many hours or days to subside.

Mild redness and slight stinging is considered normal for most numbing as it produces a sensitised skin response and you are okay to use it.



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