**Forever Bare Electrolysis**

**Pre & Post Care Instructions**

* Always drink plenty of water and moisturize often. Hydrated hair and skin respond better to treatment and will help reduce sensitivity and inflammation.
* Gently exfoliate the area before your appointment.
* If you are hypersensitive, you may take Tylenol before coming in. If you need numbing cream, please be sure to apply generously and cover with plastic wrap at least 30 minutes to an hour before your treatment. Numbing cream must stay moist for full effect.
* Avoid waxing, tweezing, or threading throughout your electrolysis treatments. These methods tend to strengthen the existing hair and can potentially stimulate more hair growth.
* Avoid caffeine the day of your appointment. Caffeine is a stimulate and it is highly possible that you will be more sensitive to the treatment.
* Avoid salty meals before your appointment, consuming excessive salt may cause more inflammation.
* Avoid direct sunlight if possible or wear sunscreen to prevent sunburn and/or dryness.
* Avoid wearing makeup to your appointment and for at least 24 hours after. If make up is a must afterwards, please apply Neosporin first and use a new or clean applicator.
* Avoid excessive workouts, saunas, hot tubs, oceans, lakes, and rivers at least 24 to 48 hours after treatment. These activities can cause the area to become more inflamed thus prolonging healing.
* Please refrain from touching the area.