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Electrolysis Post-Treatment Care

PATIENT NAME: _____

TREATMENT AREAS: _____

A complete past and current health history assessment was obtained during your initial consultation. Should there be any changes in your health status, please inform your electrologist so the information can be documented on your health form. Your general health status can impact normal healing. Prior to each treatment, inform you electrologist of any skin reaction in the treated area, or of any treatment-related concerns when they occur. Most people exhibit little or no post-treatment manifestations. Puffiness, redness, irritation, or small scabs may be part of the normal healing process for certain skin types and when hair is coarse or dense. These manifestations are temporary and will disappear with proper care. Good hygiene is an essential part of your post-treatment care. Your skin is a protective barrier; it takes approximately 24 hours for a treated follicle to begin healing within and 48 hours to complete the healing process. For this reason, it is very important that you follow the post-treatment procedures recommended by your electrologist.

- DO smile because you're beautiful
- DO make sure your treatment area is covered with a SPF of 30+ daily
- DO keep hands off the treated area
- DO apply ice to the area, if needed, 5 to 10 seconds on and off for about 15 minutes
- DO apply topical antiseptic 2-3 times a day (e.g. witch hazel or 70% alcohol) Today and Tomorrow
- DO apply antibiotic cream (such as Neosporin or Aloe Gel as needed)
- DO clean your skin GENTLY with a mild cleanser
- DO avoid caffeine (coffee, tea or colas) prior to the treatment as it may increase sensitivity
- DO refer to pre-treatment instructions prior to your next appointment
- DO NOT rub, scratch or squeeze the treated area as this can result in infection or potential scarring. Avoid similar irritations from the use of abrasives or loofahs
- DO NOT apply hot water, heavy creams or make up to the treated area for at least 12 hours. If makeup must be applied, use fresh, oil-free makeup, kept free of bacterial contamination
- DO NOT tweeze, pluck or wax visible hairs. Clipping or shaving is preferred so the hair will be available for removal at the next treatment. Allow one to three days of growing prior to treatment. Do not shave 24 hours prior or post treatment
- DO NOT swim in non-chlorinated water or use saunas, hot tubs or other sources of extreme heat for 24 hours following treatment
- DO NOT sunbathe or tan for 48 hours unless treated area is covered
- DO NOT pick eschars (tiny scabs) if they appear for scarring may occur. Sensitive skin may exhibit scabbing, which is part of the natural healing process
- DO NOT exercise, workout or engage in vigorous activities for 24 hours

I am at all times personally interested in the success of your treatment. Please feel free to contact me if you have any questions or concerns. If any reaction occurs which appears related to your electrolysis treatment, contact me immediately for further care instructions.

DATE: ____ / ____ / ____

PATIENT SIGNATURE: _____