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Electrolysis Pre-Treatment Care

PATIENT NAME: _____

TREATMENT AREAS: _____

The following pre-treatment care suggestions should be followed to ensure the best results possible.

1. Let your hair grow out to 1/8" or 2mm, usually 3 days growth. Your electrologist needs enough length of hair to grab it with a pair of tweezers.
2. If the hair gets too long in between treatments you can trim or shave, but never, ever tweeze! or use any method that pulls the hair from the root, as that will slow down your progress. Do not shave 24 hours prior or post treatment.
3. Daily moisturizing is very important. It helps keep the skin hydrated and helps the probe insert easily into the follicle.
4. Drink plenty of water. Keeping your skin hydrated means your follicles have plenty of saline in them which is needed for the current to work well. It also minimizes discomfort during your treatment.
5. Gently exfoliate your skin with a gentle scrub the day of your treatment to help remove debris from the opening of your follicles, making insertions of the probe smoother.
6. Refrain from using heavy creams or any type of topical acid (fruit acids, glycolic, salicylic, etc.) or similar product for 48 hours prior to your treatment. Do not use any Retin A topical retinoid for at least one week prior to your treatment. Having electrolysis services done while on retinoids could result in permanent pigment changes or scarring.
7. Refrain from drinking caffeinated or alcoholic beverages the day of your treatment as these will dehydrate your skin. Caffeine can also increase anxiety, making your treatment less comfortable. If you must consume caffeine (to avoid withdrawal), drink the minimum necessary along with additional water to rehydrate.
8. Taking a pain reliever (ibuprofen or Tylenol) 30-45 minutes prior to your treatment can minimize discomfort. A topical anesthetic cream such as Lidocaine may also be applied to the area, at least one hour prior to your appointment. A thick layer of anesthetic cream, no larger than the size of the your palm, should be applied to the treatment area. Cover the treatment area with plastic film to ensure maximum effectiveness of the product. Anesthetic creams can be found over the counter or by prescription from your health care provider.
9. Some female clients have reported more sensitivity during their menstrual cycle. As such, avoid making appointments around such time.
10. Avoid sun exposure 48 hours prior to your treatment, doing so will dilate your blood vessels and will lengthen your recover time.

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. Try to avoid rushing to keep your appointment as this will make you tense and stress-filled. To make your treatment more comfortable, allow yourself ample time to arrive at the office to sit and relax for a few minutes.

DATE: ____ / ____ / ____

PATIENT SIGNATURE: _____