

Before Your Appointment/Pre-Care

1. Get as comfortable as possible during the treatment, try to avoid being late so you are not stressed.
2. Your diet can affect your sensitivity. Avoid stimulants like caffeine, chocolate or sugar on the day of your appointment.
3. Avoid sun exposure 24 hours prior to your treatment to avoid dilation of the blood vessels.
4. Please be aware that female clients may find that they are more sensitive during or right before their menstrual cycle.
5. Drink plenty of water the day before, the day of and the day after the treatment. Dehydrated follicles are more difficult to treat. Hydration will also help your skin heal more quickly.
6. Some find a meal just before treatment helps reduce discomfort.
7. Many clients find that taking their favorite pain reliever 30 minutes prior to their appointment makes their treatment more comfortable.
8. There are many topical creams that are available such as LMX (non-prescription) are the most popular. The Electrolysis Center has numbing cream available to purchase also. They should be applied an hour before treatment. You should apply generously and cover with a piece of saran wrap, use tape to keep in place. Bike shorts over the bikini area will help keep saran in place and warm the area. Heat will activate the numbing cream even more.