

ELECTROLYSIS CENTER

PRE CARE INSTRUCTIONS

1. You must work as close to your pain threshold as possible for the most effective treatment.
2. The hair needs to be long enough to grab with a tweezer. The length of a ball point tip is suggested, you also don't want them so long that they are over an inch long.
3. Please remove all makeup prior to arrival if you are having facial work done.
4. Your diet can affect your sensitivity. Avoid stimulants like caffeine, chocolate or sugar 2-4 hours before your appointment if possible.
5. Avoid sun exposure 48 hours prior to your treatment to avoid dilation of the blood vessels.
6. Female clients may find that they are more sensitive during or right before their menstrual cycle and may want to avoid making appointments during that time.
7. 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. Drinking 8 ounces of an electrolyte (Gatorade) the night prior will help keep you hydrated on hot days.
8. Many clients find that taking their favorite pain reliever 1 hour prior to their appointment makes their treatment more comfortable.
9. There are many topical creams that are available either with or without a prescription. EMLA (by prescription) and LMX (non-prescription) are the most popular. EMLA should be applied an hour before treatment. You should apply generously and cover with a piece of saran wrap. Use medical tape to keep in place. Hose or bike shorts over the bikini area will help keep saran in place and warm the area. Heat will activate the numbing cream even more. A stronger option is BLT (20% Betacaine, 8% Lidocaine and 4% Tetracaine, by prescription only)
10. Do not use Retin A or any serious retinoid for at least 1 week prior to your electrolysis treatment. Discontinue Accutane for at least 6 months prior to electrolysis.
11. Pain or the fear of pain should not keep you from getting hair permanently removed if you really want it.

Remember: Re-growth is to be expected. If you return when the first re-growth occurs, the roots are shorter and weaker and therefore can be treated more effectively.

Payment is due in full at the end of each appointment. There is a cancellation and no-show policy. Appointments NOT cancelled within 24 hours will be charged \$30. One (1) hour or longer appointments will be charged 50% of your appointment fee.