



BEFORE ELECTROLYSIS

- Make sure the hair to be treated is long enough. At least 3-4 days' worth of growth is needed for treatment.
- Remove any makeup on the treatment area(s). Treatment can only be performed on clean, healthy skin.
- Diet affects sensitivity. Avoid stimulants like caffeine, chocolate, or sugar on treatment day. A meal before treatment can sometimes even help reduce discomfort.
- Hydration is vital. Avoid alcohol the night before an appointment. Drink plenty of water the day before, the day of, and the day after treatment. Hydrated follicles are easier to treat and typically result in less pain. Hydrated skin heals quicker after treatments than dry skin.
- Avoid sun exposure 48 hours before treatment. Activation of the melanin of the skin can cause hyperpigmentation or hyperpigmentation.
- Do not use any serious retinoids (ex: Retin A, Tazorac) for at least 1 week before to electrolysis treatment. Discontinue Accutane for at least 6 months before to electrolysis.
- Eliminate as much stress as possible on the day of the appointment. Some clients also find they are more sensitive right before or during their menstrual cycle. Take into consideration any stress factors that could cause heightened sensitivity when booking appointments and whether any pain management options need to be taken.
- Get as comfortable as possible during treatment.



AFTER ELECTROLYSIS



-Following treatment, avoid touching or scratching the treated area. Failure to do so can introduce bacteria and result in a breakout (whiteheads).

-Do not wear makeup or perfume over the treated area for 24 hours. Alcohol-based products will dry out the skin. Makeup can introduce bacteria. Anything other than gentle cleansers or witch hazel can cause irritation.

-Do not swim in a chlorinated pool for the first 48 hours following treatment. Chlorine can exacerbate irritated skin.

-Avoid extended sun exposure for 72 hours after treatment. Skin defends against UV Rays by producing pigment that deflects some harmful rays. However, if the skin is injured, traumatized, or irritated it can over-produce pigment in those areas resulting in hyperpigmentation or the formation of brown pigment spots.

- Keeping the area moisturized will help promote quicker healing and curtail the formation of scabs. Be sure only to use Q-tips or clean hands.

-If the skin is still irritated on the second day, the calmoseptine cream

-If small scabs appear, do not scratch them away! Scratching can lead to scarring or infection. Allow

them to fall off naturally. Scabbing is nature's way of healing the follicle that was treated. If discomfort

should occur in closely treated areas applying a small amount of the Avene Thermal Cicalfate Balm can aid in healing the area.

-DO NOT TWEEZE! Tweezing is often counterproductive to electrolysis and can result in the hair coming

back thicker. If scheduling conflicts with treatment, the offending hair can be clipped with small scissors

or shaved without having adverse effects.

-Remember: Some regrowth is to be expected. Rescheduling after the first regrowth occurs causes

treatment to be more effective since the roots are shorter and weaker.