

Before Your Treatment

Electrolysis Tips & Care

DAY OF

- **Make sure skin is clean and free of deodorants, lotions, or makeup in the treatment area.** But avoid very hot showers!
- **Avoid sun exposure, saunas, very hot showers, or anything that causes excessive heat** in the skin the day before and day of your appointment.
- **Hair must be long enough to grip with tweezers.** If hair has been growing out for a longer period of time, trim (but *don't* shave) before your appointment. This will allow for a more precise insertion.
- **Your diet and habits can affect your sensitivity.** Avoid stimulants like caffeine, sugar, and nicotine on the day of your appointment. If you drink caffeine daily, do not go without, but drink less than you normally would
- **Drink plenty of water the day before, day of, and day after treatment.** The more hydrated you are, the less sensitive the skin will be during the treatment and will also help aid in healing.
- **Eat a meal before treatment so you're not hungry!** Though you may not notice the effects of skipping a meal, your body does. Eating a meal will allow your body to relax and increase your pain tolerance.

SCHEDULING TIPS

- **Try to schedule your treatment when your stress levels are not at their peak.** Use deep breathing exercises to calm your nerves.
- **For women, try to schedule your treatments when you're not getting ready to start menstruating.** Every woman, whether they feel PMS symptoms or not, will be extra sensitive -- so much so that after menstruation, what was once painful could simply feel moderately uncomfortable!

PAIN MANAGEMENT

- **If you're more sensitive to pain, you may choose to take a Tylenol, Ibuprofen, or Advil 30 minutes before treatment.** A higher pain tolerance allows for a more efficient treatment.
- **We can provide a topical anesthetic** if needed for small areas if you are extra sensitive.
- **Get as comfortable as possible during your treatment.** Communicate with your technician, your comfort is one of their top priorities!

After Your Treatment

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KEEP CLEAN

- **Keep your skin clean!** Wash the treatment area and gently pat dry. Use a mild astringent if needed that does not contain alcohol (alcohol tends to dry the skin quickly and can cause pinpoint scabs). It is important to keep your hands off of the treated area to avoid getting bacteria into the open treated pores, as this causes pustules.
- **There are no restrictions on bathing, but treat the skin gently and avoid using extremely hot water for the first 24 hours.** Avoid scrubbing the skin with loofahs or physical exfoliants and pat skin dry.
- **When having an area treated extensively, it is best to avoid sun exposure, saunas, very hot showers, or anything that causes excessive heat** in the skin for a few hours to avoid added irritation.
- **Depending on the extensiveness of the treatment, you may want to do a low intensity exercise regimen the day of your appointment** to avoid sweating in the treatment area, but should be fine to resume your regular regimen the day after.

HELP HEAL

- **An antibiotic** (such as Neosporin or Bacitracin) may be helpful to aid in the healing process.
- **Applying ice immediately after treatment can help decrease pain, redness, and swelling.** Calamine lotion and aloe vera can also help relieve these symptoms.
- **There may be small bumps, redness, or swelling in the area.** These are all completely normal, especially following your first appointment, and will usually fade within a few hours or the next day.
- **If you do find bumps or small pinpoint scabs on the skin, do not scratch or pick at them!** This may cause depressions or scarring in the skin. They will naturally heal and shed off in 1 to 2 weeks.

AVOID

- Shaving between appointments is fine, but **avoid tweezing or waxing the treatment area.**
- **Discuss your use of topical ingredients with your electrologist before continuing use during the course of your treatments.** Avoid using deodorants as well as topical exfoliants or irritating products (e.g. glycolic acid, salicylic acid, alpha hydroxy and beta hydroxy (AHA/BHA) or retinoids on the treated area for at least 3 days following your appointment..
- **Creams and lotions should not be applied to the treatment area** for 2-3 days following treatment, as they can clog the open pores and cause pustules.
- **Avoid using makeup for 48 hours after your appointment.** If you must use makeup, make sure it is a hypo-allergenic formula and will not clog the pores. We offer Advanced Mineral Makeup, formulated with vegan, chemical free, antibacterial ingredients.

To achieve the best results, complete the full treatment schedule at the intervals recommended by your technician.