

Pre-Treatment

Electrolysis

DAY OF TREATMENT:

- **Make sure skin is clean** and free of deodorants, lotions, or makeup in the treatment area.
- **Trim (don't shave!)** if hair has been growing out for a longer period of time before your appointment. This will allow for a more precise insertion. ***Hair must be long enough to grip with tweezers!***
- **You may choose to take** a Tylenol, Ibuprofen, or Advil 30 minutes before treatment if you're more sensitive to pain. ***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.*

Your diet and habits can affect your sensitivity!

We recommend you:

- **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.
- **Try to schedule your treatment** when your stress levels are not at their peak. Use deep breathing exercises to calm your nerves.
- **Get as comfortable as possible** during your treatment. Communicate with your technician, your comfort is one of their top priorities!
- **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 the menstruation what was once painful could simply feel moderately uncomfortable!
- **Avoid sun exposure**, saunas, very hot showers, or anything that causes excessive heat in the skin the day before and day of your appointment.

Post-Treatment

Electrolysis

- **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 bacteria getting into the open treated pores causing pustules.
- **Avoid sun exposure**, saunas, very hot showers, or anything that causes excessive heat in the skin (when having an area treated extensively) for a few hours after treatment to avoid added irritation.
- **Applying ice** immediately after treatment can help decrease pain, redness, and swelling. Calamine lotion and aloe vera can also help relieve these symptoms.
- **You may want to do a low intensity exercise regimen** the day of your appointment (depending on the extensiveness of the treatment) to avoid sweating in the treatment area, but should be fine to resume your regular regimen the day after.
- **Avoid tweezing or waxing the treatment area.** Shaving between appointments is fine.
- **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 2 days following your appointment..
- **Creams and lotions should not be applied** in heavy layers 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 incapable of growing bacteria.

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

Instructions continue on the following page

WASHING & BATHING:

Keep the skin clean! 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. An astringent that does not contain alcohol may be used.

HEALING:

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.

An antibiotic (such as Neosporin or Bacitracin) may be helpful to aid in the healing process.

FOLLOW-UP:

Please make an appointment with Lani or your electrologist at the discussed recommended treatment interval.