

ELECTROLYSIS: IMPORTANT TIPS & AFTER CARE

BEFORE YOUR TREATMENT

- Avoid caffeine 6 - 10 hours before treatment.
- Hydrate, hydrate, hydrate! The more hydrated you are the better treatment you'll get!
- Don't smoke 2-4 hours prior to treatment.
- You may take such OTC pain management such as Tylenol, Advil, or aspirin, 30 minutes before your treatment.
- Please discuss the option of using one of the topical anesthetics (numbing agents) we offer with your clinician before you arrive for your treatment.
- Try taking an antacid (Tums, Rolaids etc.) a hour to 1.5 hours before your treatment; it helps reduce redness more quickly!
- Practice using deep breathing and other relaxation techniques to make treatment more comfortable.
- It's okay to shave between treatments, but never, EVER tweeze or wax!
- Remove your makeup before your appointment, so the hair follicles are clean and accessible. Clean skin releases unwanted hair more easily.
- Gently exfoliate your skin with a gentle scrub before your treatment. It opens up the follicles and lets the unwanted hair slide out more easily.

AFTER YOUR TREATMENT

- Keep your skin clean by gently applying an antiseptic, such as Witch Hazel, 2-3 times per day; more frequently if dirt or perspiration are an issue.
- An antibiotic cream (such as Neosporin) or aloe gel may be helpful, especially prior to working out or other vigorous activity.
- Applying ice to the area immediately after treatment can increase comfort.
- Avoid tanning, tanning beds and direct sun exposure for 48 hours after treatment.
- Make sure the treatment area is covered with an SPF 30+ daily.

- If you use makeup, reserve a fresh hypo-allergenic formula for use after treatment so you do not cross contaminate the treatment area.
- Avoid touching the treated area with your hands. Wash hands frequently.
- Avoid rubbing the treated area vigorously. Avoid manual exfoliation (scrubs, loofahs) for 48 hours post treatment.
- Avoid using heavy creams or any type of topical acid (fruit acids, glycolic, salicylic, etc.) or similar product for 48 hours after treatment and use caution prior to treatment.
- Avoid submerging the treated area in hot tubs or river or lake swimming for 48 hours post treatment.
- Report any skin reactions immediately to your clinician and make a note to discuss at your next visit.

I acknowledge that I have read and understand each of these important instructions for my Electrolysis BEFORE & AFTER Care.

_____ (initial) _____(DATE)