



## Electrolysis Pre Protocols

- ❖ Optional numbing cream to be applied before appointment as per directions.
- ❖ Hair must be long enough to see and remove with tweezers.
- ❖ Before each appointment, drink plenty of water the day of and a few days leading up to the appointment. Hydrated skin is generally more resilient.
- ❖ Maintain a gentle skincare routine. Avoid harsh chemicals, exfoliants, or abrasive scrubs that can irritate the skin
- ❖ Before each appointment, confirm there have been no changes in your medical history, medications or skin care products since the consultation.
- ❖ NO bleaching, tweezing, plucking, waxing, threading, using depilatory creams or electrolysis for 4-6 weeks prior to your treatment, doing so will impede the effectiveness of the treatment. There must be visible hair for the electrologist to target.
- ❖ Do not have unprotected sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks prior to this treatment or future treatments.
- ❖ Please clean the treatment area before appointment, leave your skin FREE of cosmetics, lotions, creams, and perfume/colognes; also avoid wearing deodorant (underarm treatment).
- ❖ NO jewelry or piercings can be worn near the treatment area; also, do not wear tight, constrictive clothing on the treated area; irritation can occur if skin cannot cool properly. Please wear a tank top if possible (underarm treatment).
- ❖ Ensure that you are not on antibiotics, nor have you been in the past 4 weeks. Understand that electrolysis hair removal cannot be done if you are on such medication.
- ❖ For this and future treatments, stop using any active ingredients/photosensitive medications or products (such as Retinal, Hydroquinone or steroids) up to 7 to 10 days prior to the treatment. The reason for this is to avoid any chance of developing blisters. If you are not sure whether the medication you are taking is photosensitizing, please ask your prescribing physician prior to your appointment.
- ❖ Do not use fillers or Botox within 4 weeks before treatment in the treatment area, for this or future treatments.
- ❖ You will not come for treatment at any time if you have had a peel, chemical or other microdermabrasion, laser, or light therapy in the past month. If you are not sure if your treatment will be a contradiction, please discuss with the technician.



## **Electrolysis Post Protocols**

- ❖ No exercise, body treatments, hot tub, sauna, steams, swimming pools or massages, until skin is back to normal, 48-72 hours post treatment, or longer until the skin is no longer red/irritated. Do not participate in anything that will raise your body temperature. Please use cold/lukewarm water when washing the treatment area.
- ❖ **STAY HYDRATED.** Drinking plenty of water will keep your skin hydrated and promote overall skin health.
- ❖ No bleaching, tweezing, plucking, waxing, threading, using depilatory creams or laser hair removal in between your treatments, as doing so will impede the effectiveness of the treatment.
- ❖ The treatment area is very delicate and should be treated with care, gently clean with a mild cleanser, including when removing makeup. Normal skin care regimens such as makeup, deodorant, moisturizers, etc., may be resumed the day after treatment if there is no extended redness, blistering or scabbing. Keeping the skin well-moisturized will aid in the healing process. Use gentle, fragrance-free moisturizers to hydrate the skin without irritation.
- ❖ Immediately after the electrolysis treatment, there may be redness and bumps at the treatment site; this can last from a couple of hours to a few days. Aloe Vera gel, or 1% Hydrocortison,e may be used if needed.
- ❖ You will avoid unprotected sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks post treatment. SPF 30+ is mandatory before/after/during/in between treatments to prevent burns.
- ❖ Do not use fillers or Botox within 4 weeks post laser treatments in the treatment area.
- ❖ Do not have additional treatments such as, but not limited to, peels, chemical or other, microdermabrasion, laser, or light therapy for at least 4 weeks post treatment.
- ❖ You may experience slight redness, bumps, and swelling in the treated area for up to 72 hours. If these conditions persist, treat them like a mild sunburn and apply an ice pack, cool towels, or aloe vera to the affected area.
- ❖ Do not shave the treated area for 1-3 days, or until the skin has cleared up.
- ❖ It is recommended to lightly exfoliate the treated area three to five days following treatment to assist in the shedding of the treated hair follicles. Do not rub or pick the treated area.
- ❖ Please do not use makeup after treatment if there is no extended redness or irritation. Do not rub or pick the treated area.
- ❖ Do not use any active ingredient/photosensitive medications/products (such as retinal, Hydroquinone or steroids) for 7 days post treatment.