

Your Electrolysis Post Treatment Care

A complete past and current health history was obtained during your initial consultation. Should there be any changes in your health status please inform your electrologist so the information can be documented on your health form. Your general health status can impact your normal healing. Prior to each treatment, inform your electrologist of any skin reaction in your treated area, or of any treatment-related concerns when they occur. Most people exhibit little or no post-treatment manifestations. Puffiness, redness, irritation, or small scabs may be part of the normal healing process for you (depending upon your skin type and sensitivity), or the coarseness and density of your hair. These are temporary and will disappear with proper care. Good hygiene is an essential part of your post-treatment care.

Your skin is a protective barrier; it takes about 24 hours for a treated follicle to begin healing from within, and 48 hours to complete the healing. For this reason, it is very important that you follow the post treatment procedures recommended by your electrologist.

- ❖ **DO** keep hands off treated area
- ❖ **DO** (if needed) use cold compresses/ ice on the area to avoid excessive redness or swelling. Use for a duration of 2-5 min and additional 2-5 min as needed
- ❖ **DO** cleanse your skin GENTLY with a mild soap or cleanser
- ❖ **DO** use _____
to assist in the recovery of the skin post-treatment and moisturization.
- ❖ **DO** not touch, scratch or squeeze the treated area as this can result in infection or potential scarring. Avoid similar irritations from the use of abrasives or loofas
- ❖ **DO NOT** apply heavy creams or make-up to the treated area for 24 hours. If make-up must be applied, use fresh, oil-free make-up, kept free of bacterial contaminations.
- ❖ **DO NOT** tweeze pluck, or wax visible hairs. Clipping or shaving is preferred, so the hair will be available for removal at the next treatment. Allow one to three days growth prior to treatment. Please refrain from bleaching your hair between treatments. Bleaching can cause skin irritation and sensitivity.
- ❖ **DO NOT** swim in non-chlorinated water or use saunas, hot tubs, or other sources of extreme heat for 2-3 days following treatment.
- ❖ **DO NOT** expose skin to undue natural or artificial sun exposure for 48 hours before or after treatment. Sunburned skin CANNOT be treated. ALWAYS wear SPF 30 sunblock
- ❖ **DO NOT** pick eschars (tiny scabs) if they arise, or scarring may occur. Sensitive skin may exhibit scabbing, which is part of the natural healing process.
- ❖ **DO** avoid caffeine (coffee, tea, or colas) prior to treatment as it may increase sensitivity
- ❖ **IF YOU HAVE ANY REACTION WHICH APPEARS RELATED TO YOUR TREATMENT, PLEASE CONTACT ME**