



## Electrolysis Prep

1. You must work as close to your pain threshold as possible for the most effective treatment. Consider the use of skin numbing cream for electrolysis before your appointment.
2. Get as comfortable as possible during the treatment.
3. Avoid stimulants like caffeine, chocolate or sugar on the day of your appointment.
4. Avoid sun exposure 48 hours prior to your treatment to avoid dilation of the blood vessels.
5. Female clients may find that they are more sensitive during or right before their menstrual cycle and may want to avoid making appointments during that time.
6. Drink plenty of water the day before, the day of and the day after the treatment. Dehydrated follicles are more difficult to treat. Hydration will also help your skin heal more quickly. Avoid heavy moisturizers prior to your treatment.
7. Some feel, a meal just before treatment helps reduce discomfort
8. Many clients find that taking their favorite pain reliever 30 minutes prior to their appointment makes their treatment more comfortable.
9. There are many topical creams that are available either with or without a prescription. Some should be applied an hour before treatment. You should apply generously and cover with a piece of saran wrap/ occlusive dressing. Use medical tape to keep in place. Hose or bike shorts over the bikini area will help keep saran in place and warm the area. Heat will activate the numbing cream even more.
10. Pain or the fear of pain should not keep you from getting hair permanently removed if you really want it. There are many factors that can be adjusted to make you comfortable and successful with electrolysis.