

## What to do:

- Stay hydrated. Water will hydrate the skin enough to make pain management more tolerable and make the electrologist's work easier.
- Exfoliate your skin a couple of days before your appointment. Removing dead skin cells and extra debris from the pores will make your electrolysis treatment go more efficiently and will be more manageable.
- Eat before your appointment. It's always a good idea to get your blood sugars up to help you manage your treatment. This will help keep you from feeling lightheaded and dizzy.
- Moisturize. Putting lotion on your skin even the day of your appointment will make your skin more elastic. The more stretch your skin gives, the faster the treatment and the better the healing. Dry skin will cause more skin reaction.
- You can take some oral medication to ease the pain of electrolysis. It's best to take it 30 minutes prior to your appointment.
- Topical numbing creams can be applied 20-30 minutes before your treatment to help take the edge off. It's best to wrap the area in cling wrap to help keep the cream from drying – making it more effective.

## What NOT to do:

- Any form of hair removal within 48 hours of your scheduled appointment time.
- Any chemical treatment within 3 days of your scheduled appointment time. Avoid abrasive treatments to the skin (such as chemical peels), for at least a week after your appointment.
- Invite spectators. Although we understand the need for support at your appointment, no more than one person is allowed in with you during the treatment period.

**Effective aftercare can assist the healing process by preventing infection and stimulating the production of new skin cells.**



Electrolysis creates a small wound underneath the skin which destroys the hair germination cells in the follicle near the hair root. Keep the area as clean and free of contaminants as possible.

It is normal that the area(s) will become red and swollen immediately after treatment. In addition to this, the treated area(s) may feel hot and sensitive to touch.

During healing the empty follicle will fill with white blood cells, dead bacteria and other debris. Whiteheads and sometimes small scabs may form. Scabs fall off with in a week and should not be picked, scratched or disturbed.

- **Washing the area(s) several times a day is the most important step to promoting healing.**
- **Use plain water or a mild soap without perfumes**
- **Apply rubbing alcohol to the area before bed. Cover the affected area with aloe vera cream or gel. Continue applying aloe vera cream or gel liberally to the area for several applications, until the area is healed.**

**Do Not Scrub!!!**

## During the first 24 hours after treatment:

### Please use to cool the area and reduce inflammation:

- Cool water
- Ice (not directly on skin)
- Refrigerated aloe vera gel
- Gently wash the area as described above.
- Keep the area as contaminant free as possible.

### Do Not use:

- perfumes
- makeup
- moisturizers or lotions
- facial scrubs
- Do Not scratch, rub, or disturb the treated area.
- Do Not use sunscreen or oils on the treated area, limit exposure to direct sunlight and use covering clothing or wide brimmed hats.

## After 24 hours:

- Tea Tree oil

Used as an antiseptic, and also dissolves scabs. It can dry the skin if used for extended periods however, so should be used sparingly.

- Witch Hazel may also be used to clean the area.
- Resume use of sunscreen once the redness and swelling are gone and continue to limit exposure to the sun.
- Do Not use tanning booths.
- Do Not pick at scabs or disturb the treated area. Scabs should fall off on their own within a week.
- Avoid picking out or squeezing tombstones which are short little bits of dead hair that can resemble blackheads. The Electrologist will remove these properly.
- Before your next appointment, remember to let the hairs grow as much as possible in order that we may grasp it with the tweezers and determine the direction of hair growth.

**If you have any questions about your aftercare or concerns over skin reactions, you may contact us at:**

**613-796-8688**

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