

Before Your Appointment:

- **Hydrate** well - it helps with pain tolerance and treatment efficiency.
- **Exfoliate** 1-2 days before to clear dead skin and debris.
- **Eat** beforehand to stabilize blood sugar and avoid dizziness.
- **Moisturize** for better skin elasticity and faster healing.
- **Pain Relief:**
 - Oral pain medication: Take 30 mins before.
 - Topical numbing cream: Apply 20-30 mins before
 - and cover with cling wrap.

Avoid:

- Hair removal within 48 hours of your appointment.
- Chemical treatments (e.g. peels) within 3 days.

Immediately After (First 24 Hours):

- **Expect:** Redness, swelling, heat, and sensitivity.
- **Cleanse:** Gently wash the area several times daily with water or mild, unscented soap.
- **Disinfect:** Apply rubbing alcohol at night.
- **Soothe:** Use refrigerated aloe vera gel.
- **Cool:** Apply cold water or ice packs (wrapped, not directly on skin).

Avoid:

- Scrubbing, scratching, or rubbing the area.
- Makeup, perfume, lotion, facial scrubs.
- Sunscreen, oils, direct sun exposure (wear a hat or protective clothing)

After 24 Hours:

- Continue cleansing with **Tea Tree Oil** or **Witch Hazel**.
- Resume sunscreen use **after redness subsides**.
- No tanning booths.
- Don't pick scabs or squeeze "tombstones" (tiny dead hair bits)

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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