

## Electrolysis pre-treatment and aftercare advice

Prior to treatment we recommend:

- 72 hours before treatment stop using any retinol, chemical peels, or products that may cause skin sensitivity (in the areas that are being treated).
- Gently exfoliate the skin 2-3 days before treatment
- For 24 hours prior to treatment avoid any type of tanning, sun exposure, saunas, steam rooms or heat treatments.
- On the day of treatment avoid the use of heavy make-up (over the area being treated).

Although we would expect most reactions to go down within a few hours, normal skin reaction after treatment can last for up to 48 hours and may include:

- Reddening of the skin.
- Mild inflammation.
- Bumpy/histamine reaction.

You may also experience:

- Lymph crusts.
- Scabs over treated follicle.
- Blisters.
- Bruising.
- Swelling.

Please inform your therapist if you experience any of the above reactions or if you have any other adverse reaction to treatment. In severe cases please contact your doctor as soon as possible.

For 24 - 48 hours after your treatment we recommend:

- Do not touch the area.
- After care lotion or gel should be applied using clean cotton wool.
- Avoid the use of make-up and perfumed products over the area.
- If crusting does appear do not pick or rub this off.
- Avoid exposure to intense heat such as hot showers, saunas, steam rooms.
- Do not sunbathe or use sunbeds.
- Avoid swimming and chlorinated swimming pools.
- Avoid friction and sweat.
- Do not use hair lightening creams or bleach.
- Keep the area clean.

Between electrolysis treatments:

- Do not tweeze, wax or thread the hairs between treatments. Doing any of these will undo any beneficial effects of electrolysis.

Although rare, there are potential risks with all treatments. To minimize the risks, you must follow the aftercare advice given. If you have any questions regarding your treatment, aftercare or skin reactions please speak to your therapist.