

# ELECTROLYSIS INSTRUCTIONS

## What should I do before my treatment?

Proper preparation before your treatment can help ensure the procedure is comfortable. Here are some steps you can take to prepare:

1. Do not pluck or wax the area for at least a week before your treatment. The hair must be present in the follicle for the electrolysis to be effective.
2. Refrain from shaving the area for at least 24 hours before your appointment. Not shaving will ensure the hair is long enough for the electrologist to see and extract.
3. Avoid skincare products containing alpha-hydroxy acid, salicylic acid, or benzoyl peroxide for at least 24 hours before treatment. These ingredients can irritate the skin and make the treatment uncomfortable.
4. Eat a light meal before your appointment to avoid feeling lightheaded or faint during the treatment.
5. Wear loose and comfortable clothing to your appointment to avoid irritating the treated area after the treatment. Following these steps ensures that your electrolysis treatment is effective, comfortable, and safe.

## What should I do after my treatment?

After electrolysis, you may experience redness, swelling, and tenderness, which should subside within a few hours to a day. After your treatment it is advisable to:

1. Keep the area clean.
2. Avoid picking or scratching the treated area.
3. Avoid direct sun exposure and wear SPF.
4. Avoid strenuous activities.
5. Apply ice packs periodically to the treated area for 24-48 hours post-treatment to help reduce any swelling that might occur.