



ELECTROLYSIS AFTERCARE

WHAT NOT TO DO AFTER YOUR APPOINTMENT:

- **Do not remove the scabs! It may result in scarring if you remove them. Allow them to fall off naturally. Think of a scab as nature's band-aid. This is nature's way of healing the follicle that we have treated. It acts as a protection against bacteria from entering the skin.**
- **Avoid sun exposure—Avoid exposure to the sun during the first two weeks after treatment. If it is difficult to escape the sunlight, use sunblock. This will avoid the formation of brown pigment spots.**
- **The only make-up that should be used is Jane Iredale Mineral Make-up – it is actually healing to the skin.**
- **Avoid creams with alcohol and everything that can irritate the skin for 48 hours.**
- **Do not swim in a chlorinated pool for the first 48 hours following treatment.**
- **Avoid heat and activities that increase blood flow for 48 hours. Sweat can cause bacteria to enter the open follicles. We're referring to sports activities, but also: saunas, hot baths, sunbeds, jacuzzi's and steam treatments, as these can also cause pigmentation to develop.**

WHAT TO DO:



- **Cool your face—Not everyone suffers from it, but slight swelling, redness and a burning sensation after electrolysis are normal. When cooling your face, the cold temperature restricts circulation and causes blood vessels to constrict, which prevents further bleeding. Also, the cold temperature offers a numbing effect on the nerves, which plays a key role in reducing swelling and inflammation and can also help limit any bruising. Make a towel wet and place it in the fridge. When using a cold compress, it is best to alternate between 20 minutes on and 20 minutes off. Dry the face well afterward to avoid dehydration and then use a soothing moisturizer.**

Well-hydrated skin makes electrolysis more effective, as the water in the skin is the electrical conductor.

WHAT TO DO IN BETWEEN TREATMENTS:

- **Do not tweeze or wax hairs in the area to be treated. Clipping or shaving is allowed because this method doesn't interfere with the growth cycle.**
- **Hydrate, Hydrate, Hydrate!**
 - **Dehydrated skin means you will need more treatments to permanently destroy the follicle. Moisture is needed for better conductivity of the electricity.**
 - **Drink a lot of water the day before, day of, and the day after your treatments. Electrolysis relies on moisture in the follicle to be effective. Drinking lots of water the day after your treatment helps the skin heal faster.**



- **A daily application of very moisturizing cream is recommended.**
- **After 5 days when the redness and crusts are gone: use an exfoliating product to penetrate the skin to a deeper level.**

WHAT TO EXPECT AFTER ELECTROLYSIS:

- **Swelling, scabbing and bruising can occur. Occasionally one or more tiny bruises may appear in the treatment area. These occur when an electrolysis probe affects a capillary (small blood vessel) feeding the follicle. Expect the bruising to fade over a few days. Thanks to the feedback of some of our clients, we have learned that the application of Arnica ointment may speed up the process.**
- **Irritation—Occasionally, and mainly in dry skin, the area under the electrode may become irritated. The symptoms: itching, redness, or an eczema like response, are all degrees of the same skin irritation. This reaction may be minimized or prevented in advance by applying moisturizer daily between treatments to the area where the electrode will be placed. Treatment with a mild steroid cream such as hydrocortisone 0.5% may help to settle the reaction if it occurs.**
- **Pitting—After the treatment, in a minority of people, the skin can appear “pitted” in some areas after electrolysis. The reason is that the dead space created by the hair removal is filled with scar tissue. Scar tissue (wound collagen) has the tendency to contract (that is their main purpose: closing the gap again). This gives a slight downward pull of the skin. On the**



surface, the skin is swollen, making the pitted appearance worse. So the combination of the downward pull and the simultaneous swelling of the skin creates the lumpy-bumpy appearance. The wound collagen needs about one year to “mature” into smooth tissue. So your skin will keep improving in appearance up to one year.

PRODUCT RECOMMENDATIONS:

- **Daily Milkfoliant – gentle exfoliator to begin using at the 5 day mark after treatment.**
- **Lira Oil Free SPF**
- **Intensive Moisture Balance - thick creamy moisturizer good for all skin types**
- **Recovery Balm – safe directly after treatment**
- **Jane Iredale – all foundations are safe. Note which ones have SPF included and which ones don't.**