

Electrolysis Pre-Care

- You must work as close to your pain threshold as possible for the most effective treatment.
- Get as comfortable as possible during the treatment.
- Your diet can affect your sensitivity. Avoid stimulants like caffeine, chocolate or sugar on the day of your appointment.
- Avoid sun exposure 48 hours prior to your treatment to avoid dilation of the blood vessels.
- Female clients may find that they are more sensitive during or right before their menstrual cycle and may want to avoid making appointments during that time.
- Drink plenty of water the day before, the day of and the day after the treatment. Dehydrated follicles are more difficult to treat. Hydration will also help your skin heal more quickly.