

### PRE-CARE:

- » **DO NOT undergo any advanced skin or hair removal treatments** for at least 2 weeks.
- » Ensure that you **DO NOT have sunburn**.
- » 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. Taking your essential fatty acids (EFAs) religiously will also increase the hydration in the skin and follicle for better results and healing.

### AFTERCARE:

- » **DO NOT touch or scratch the treated area!** By touching your skin, you are transferring bacteria from surfaces that you touch to the treated area. This can cause infection.
- » **Apply an antiseptic crème 2 – 3 times in the first 24 hours, followed by Recovery Balm**, and continue to use the Recovery Balm until the skin has fully recovered. This will help your skin heal even faster, especially facial areas.
- » **Avoid excessive sweating.** Sweat can cause bacteria to enter the open follicles and cause minor infection. Exercise before your electrolysis appointment, instead of afterward.
- » **DO NOT use any skincare with high actives or acid** (fruit acids, glycolic, salicylic etc.) for at least 48 hours after your treatment. If you are unsure, please confirm the best homecare regime to follow with your therapist.
- » **DO NOT expose your skin to sun** for the 72 hours post-treatment to avoid the formation of brown pigment spots, and ALWAYS WEAR SUNSCREEN afterwards. Your skin defends against UV rays by producing pigment, which will deflect some of the harmful rays. If your skin is injured or traumatised, it can over-produce pigment in those areas. This can result in hyper-pigmentation.
- » If small scabs appear, **DO NOT scratch them away.** This can cause scarring. Instead, allow them to fall off naturally. This is nature's way of healing the follicle that we have treated. The Recovery Balm will often curtail the formation of scabs.
- » If you are prevented from coming in as soon as you would like for your next treatment, **DO NOT TWEEZE!** The offending hair can be clipped off with small scissors or shaved, if there is too much to trim, and left to grow long enough to be easily gripped by a tweezer before your next appointment.
- » Please discuss makeup options with your Skin Therapist to ensure that your makeup is suitable to use post-treatment.

**IF YOU EXPERIENCE ANY SKIN REACTION, PLEASE TAKE A PHOTO AND MAKE CONTACT WITH YOUR SKIN THERAPIST IMMEDIATELY.**

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