

ELECTROLYSIS AFTERCARE

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The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment. It is important to take extra care of the treated area, especially in the first 48 hours after treatment. This will give the skin a chance to settle, allow the heat reaction in the skin to return to normal and prevent infection of the treated open follicles.

AFTER TREATMENT YOU MAY EXPERIENCE

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Please follow the aftercare advice for Electrolysis hair removal. First and foremost, please ensure that you keep the treated area meticulously clean and dry for the first 48 hours post treatment. Aloe Vera gel should be applied liberally using clean, damp cotton wool immediately after electrolysis to soothe, calm redness and prevent infection. Continue applying Aloe Vera gel for the next 21 days. To prevent irritation and the spread of infection, do not pick spots or small blood scabs which may appear a couple of days after treatment and depending on the skin, may take between 7–21 days to heal. Fine blood scabs are a normal post reaction response to the treatment, especially in the initial stages of having electrolysis. The fine blood scabs develop by the dry cauterized blood in the base of the follicle rising up through the follicle. Do not pick the area at all. For clients who have long hair, to reduce the risk of infected follicles, keep hair tied back off the face. If you would like to bleach the downy hair growth between treatments, do not apply bleach for at least 48 hours after electrolysis.

When washing or cleansing use gentle unperfumed cream cleanser or facial wash, never use soap on the treated area as this will further dry the skin. Gently pat the area dry to avoid dislodging any fine scabs or crusts. Do not pluck, tweeze, thread or remove hair with wax or depilatory cream remover between electrolysis treatments, as this will interrupt the hair growth cycle. It is safer to simply trim any noticeable unwanted hair with scissors. Avoid any perfumes, fake tan or other harsh chemicals for 72 hours after treatment. Avoid any makeup for 48 hours after treatment as this can increase the risk of infection. Avoid any skin exfoliation for 72 hours following treatment. Avoid any products that contain alpha hydroxy acids, retinol, and glycolic acid for at least 7 days after treatment. Avoid strenuous exercise, saunas, sunbeds and exposure to heat for 72 hours after treatment. These can cause sweating which can irritate the delicate skin and slow down your ability to heal quickly. Avoid swimming for 72 hours after treatment. Avoid any excess alcohol or caffeine for 48 hours after treatment. Wear SPF 30 or greater sunscreen for at least 2 weeks following treatment as your skin will be more sensitive to sunlight afterwards. Avoid any further cosmetic treatments e.g. Botox or dermal filler for 2 weeks following treatment, or ask your practitioner for advice.

You must seek medical attention and contact your practitioner if you experience any signs or symptoms of infection after treatment. Infection can present as hot, red shiny skin, there may be pus formation and you may have a fever or feel generally unwell. You must contact your practitioner as soon as possible if you notice any other unwanted side effects. Your practitioner will advise when further treatment appointments are required. If you are advised to attend a follow up appointment, please do make every effort to attend them. You should do this even if you believe that the recovery process is going well and you cannot see that there are any visible complications.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.

Signature