

Before your Electrolysis appointment:

To ensure the best results and minimize irritation, please follow these guidelines:

- Arrive with clean skin, free of makeup, lotion, deodorant, or oils on the treatment area.
- Avoid caffeine or stimulants for at least 4 hours prior, as they may increase sensitivity.
- Refrain from excessive sun exposure, tanning beds, or self-tanner on the area for 48 hours prior.
- Do not wax, thread, or tweeze hairs for at least 2–3 weeks before your session. Shaving or trimming is acceptable.
- Stay well-hydrated in the days leading up to your appointment.
- If you are prone to anxiety or low pain tolerance, you may take an over-the-counter pain reliever (Tylenol is recommended; avoid aspirin/ibuprofen which may increase bleeding) about 30 minutes before.
- Notify your electrologist of any recent medications, antibiotics, Accutane, or changes in your health history.

After your Electrolysis appointment:

Mild redness, swelling, or pinpoint scabbing is normal and temporary. Proper aftercare helps your skin heal and prevents complications:

- Keep the area clean and avoid touching it unnecessarily.
- Apply witch hazel or a recommended soothing post-care lotion (such as Neova CU3 Recovery Lotion or aloe vera) 2–3 times daily for 24–48 hours.
- Avoid makeup, heavy creams, or skincare products with active ingredients (retinol, glycolic acid, salicylic acid, benzoyl peroxide) on the treated area for 48 hours.
- Do not pick, scratch, or rub the treated area to prevent scarring and infection.
- Avoid sun exposure, tanning, saunas, hot tubs, and strenuous exercise for 24–48 hours. Always use SPF if the treated area will be exposed.
- Do not wax, tweeze, or thread treated hairs between sessions; shaving or trimming is permitted.
- If scabbing occurs, allow it to heal naturally — do not pick.
- Stay consistent with your treatment schedule for best results, as electrolysis is a progressive process requiring multiple sessions.

Contact the office if you experience:

Excessive swelling, blistering, or signs of infection (increasing redness, pus, pain).