

AMERICAN ELECTROLOGY ASSOCIATION AFTERCARE GUIDELINES

A complete past and current health history assessment was obtained during your initial consultation. Should there be any changes in your health status, please inform your electrologist so the information can be documented on your health form. Your general health status can impact normal healing. Prior to each treatment, inform your electrologist of any skin reaction in the treated area, or of any treatment-related concerns when they occur. Most people exhibit little or no post-treatment manifestations. Puffiness, redness, irritation, or small scabs may be part of the normal healing process for certain skin types and when hair is coarse or dense. These manifestations are temporary and will disappear with proper care. Good hygiene is an essential part of your post-treatment care. Your skin is a protective barrier; it takes approximately 24 hours for a treated follicle to begin healing from within and 48 hours to complete the healing process. For this reason, it is very important that you follow the post-treatment procedures recommended by your electrologist.

- DO keep hands off treated area.
- DO apply ice to area, if needed.
- DO apply topical antiseptic 2-3 times a day (e.g.: witch hazel or 70% alcohol or sea breeze) the day of treatment and the following day.
- DO apply antibiotic cream (if needed).
- DO cleanse your skin GENTLY with a mild soap or cleanser.
- DO avoid caffeine (coffee, tea or colas) prior to treatment as it may increase sensitivity.

- DO NOT rub, scratch or squeeze the treated area as this can result in infection or potential scarring. Avoid similar irritations from the use of abrasives or loofahs.
- DO NOT apply heavy creams or makeup to the treated area for 24 hours. If makeup must be applied, use fresh, oil-free makeup, kept free of bacterial contamination.
- DO NOT tweeze, pluck or wax visible hairs. Clipping or shaving is preferred, so the hair will be available for removal at the next treatment. Allow one to three days' growth prior to treatment.
- DO NOT swim in non-chlorinated water or use saunas, hot tubs or other sources of extreme heat for 24 hours following treatment.
- DO NOT sunbathe or tan for 48 hours unless treated area is covered.
- DO NOT pick eschars (tiny scabs) if they appear or scarring may occur.
Sensitive skin may exhibit scabbing, which is part of the natural healing process.

If you have any reaction which appears related to your treatment, please contact your electrologist immediately and primary care or your dermatologist as necessary.