

## Post-Treatment Care for Electrolysis

*This is a general guideline. Your electrologist may provide other instructions for specific concerns. Aftercare is important for the best treatment outcome, preventing infection or further irritation, and supporting the healing process. A minimalist approach is best for aftercare. Electrolysis creates controlled micro-injuries. Manage the treated area like you would any other "wound".*

### **First 72 Hours Following Treatment**

#### **Avoid Activities That Can Irritate or Increase Risk For Infection, Such As**

- Sweating, swimming, physical exercise, hot tubs, etc
- If you engage with above activities, wash treated area with gentle cleanser afterwards
- Touching area with unclean hands
- Exfoliating
- Picking at scabs or crusts
- Drying products like witch hazel or rubbing alcohol unless approved by electrologist
- Regularly change your pillowcase & bedsheets (Pets sleeping in bed increase risk for infection)

#### **Avoid Skincare & Cosmetics**

- These products are often not formulated for broken skin
- If you apply a cosmetic, the first apply a silicone gel, vaseline, or antibiotic ointment to act as a "barrier" between the product & treated area
- Avoid using products that have been previously contaminated with unclean hands/tools

#### **Avoid Sun Exposure & Tanning**

- Avoid sunscreen for the first 48 hours
- Try other methods for reducing sun exposure (curtains, hats, etc)
- If you engage in activities with lots of sun exposure during this time, we suggest applying silicone gel, vaseline, or antibiotic ointment to act as a "barrier" between the sunscreen & treated area

**After 48 hours, we recommend a BROAD SPECTRUM SUNSCREEN with at least SPF 30.** Follow the manufacturer's directions. Exposure to UV rays and other environmental factors "neutralize" sunscreen over time, so ensure you're re-applying as instructed and applying the correct amount for continuous protection.

Sun exposure can cause blood vessels to dilate (a feature of "post inflammatory redness") and also stimulates melanocytes (cells that produce the skin's pigment) (a feature of "post inflammatory hyperpigmentation"). Our recommendations for sun protection are supportive for minimizing redness & hyperpigmentation. **If you discontinue electrolysis, sun protection should still be continued in the months following your last treatment.**

#### **You May Also**

- Apply ice up to 10 minutes, 5x per day for swelling/inflammation
- Apply aloe vera; or silicone gel, vaseline, or antibiotic ointment to moisturize & reduce crusty scabs
- After 72 hours, you may resume your normal skincare routine if approved by your electrologist

**If you develop crusts, scabs, pustules, or spots similar to acne– please notify your electrologist.**