



ELECTROLYSIS & ADVANCED ELECTROLYSIS PRE and POSTCARE ADVICE + CONTRA-INDICATIONS

PRECARE ADVICE:

- Do not use retinols, exfoliating acids (AHAs, BHAs, PHAs etc) or physical exfoliants (scrubs etc) 48 hours prior to treatment
- Do not apply fake tan/gradual tanner at least 2 weeks before your treatment
- Do not have any laser/IPL treatments (hair removal or skin rejuvenation) on the treatment area for at least 1 week prior (LED Phototherapy is fine and is encouraged)
- Please note, for thread vein treatment it is recommended to avoid smoking, drinking alcohol or taking ibuprofen for at least 4 hours before and after treatment

ENSURE YOU TAKE THE FOLLOWING PRECAUTIONS FOR 48-72 HOURS AFTER TREATMENT:

- Do not sunbathe or use other heat treatments (sunbeds, sauna, steam)
- Do not take hot showers or baths
- Do not swim or use hot tubs
- Do not apply makeup to the treatment area (mineral makeup is acceptable)
- Do not apply perfumed products or heavy moisturisers to the treatment area
- Do not leave the area exposed when outside - protect the area with clothing or SPF of at least 30+

It is common to experience redness and swelling after treatment. Apply aloe vera as required over the treatment area for the next 72 hours. Always apply with clean cottonwool, not fingers. You can also keep your aloe vera in the fridge for an extra cooling effect which may help to soothe the skin.

Always ensure that you are applying an **SPF of at least 30+** to the treatment area, regardless of weather conditions, or keep the area protected by clothing.

Gently cleanse around the area and pat dry with a clean tissue/towel. Any scabs or crusting which forms may not appear for a few days, and can take anywhere from 5-14 days to drop off. This is more applicable if you are receiving advanced electrolysis for lesion removal. If the treatment area is below the neck, this can take up to 4 weeks.

Follow your therapist's instruction regarding follow-up appointments where necessary.

Remember to tell your therapist if you experience any reactions or anything which concerns you so that the treatment can be adjusted as necessary.

CONTRA-INDICATIONS (not absolute, please discuss with your therapist if any below are applicable):

- Heart trouble – Pacemaker
- Blood-thinning medication
- Epilepsy
- Diabetes
- High – Low blood pressure
- Spasticity
- Varicose veins on treatment area
- Acne Rosacea
- Steroid Creams
- Easily bruised, fragile skin
- Thrombosis
- Phlebitis
- Oedema
- Pregnancy
- Skin Disease
- Inflammation
- Kidney Disease

- Allergy – Dermatitis
- Thyroid
- Keloid Scars
- Urticaria
- Eczema
- Hepatitis

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