

Electrolysis

Pre-Treatment Instructions

1. Waxing, threading and tweezing needs to be stopped prior to treatment, because it temporarily removes the hair from its root and disturbs the growth cycle while leaving the root intact to regenerate. Electrolysis works best when the hairs are in the active growing phase.
2. Shaving is permitted a few days prior to first treatment, and to manage hair growth between treatments. Initially 2 to 4 days of hair growth before treatment will provide enough growth to provide for proper treatments. Some clients have a fast growth rate and are able to shave the day prior to treatment. The unwanted hair must be visible and long enough to epilate with tweezers.
3. Sun exposure- avoid sun exposure 48 hours prior to your treatment. Excessive sun will dilate blood vessels.
4. Topical Creams- For the most effective treatment, we must work as close as possible to your pain threshold. The fear of pain should not keep you away from electrolysis, it can be very comfortable. We have had many clients fall asleep during certain treatments. There are also topical creams that are available either with or without a prescription. EMLA (by prescription) and LMX (non-prescription) are the most popular. EMLA should be applied about an hour before treatment. You should apply generously and occlude (cover with a square of plastic wrap and use medical tape to keep in place).
5. Water and Diet - The day of your treatment you should avoid stress if possible. Female clients may find that they are more sensitive during or right before their menstrual cycle and may want to avoid making appointments during that time.
6. Your eating habits can also change your sensitivity. Avoid stimulants like caffeine, chocolate or sugar on the day of your appointment. Drink plenty of water the day before, and the day of treatment. Hydration will help the entire process.
7. Hydration also helps your skin heal quickly. Dehydrated and dry follicles are more difficult to treat.

Post-Treatment Instructions

1. Do NOT touch or scratch the treated area. Avoid any friction.
2. Do NOT scrub the treated area for 48 hours.
3. If scabbing occurs, do NOT pick or scratch the affected area. This is a natural part of the healing process and they will fall off when healing is complete.
4. Avoid very hot baths and saunas.
5. Avoid contact with oily, perfumed or alcohol based products. For facial treatments, avoid using make-up for the first 24 hours.

*In case of emergency - please contact Jamie Spano (owner) at (802) 999-4070.

6. Antibiotic ointments may be used, if tolerated.
7. Avoid exposure to direct sunlight or UV. Radiation for 48 hours. If outdoor activity can not be avoided, apply sunscreen (minimum SPF 30).
8. If pustules should appear, apply a compress of 1TBS Epsom Salts to 1 quart warm water, twice a day.
Use a clean facecloth.
9. After 4 days or when redness disappears, exfoliate and moisturize the treated area.
10. For underarm treatments, do NOT use deodorant for the first 48 hours. Witch Hazel may be substituted.
11. For bikini line treatments it is preferable to wear white cotton underwear for the first 48 hours.
12. It is possible to experience reddening, light swelling, itchiness and/or sensation of heat in treated areas for several hours after treatment. These reactions will disappear within a few hours.

If you have any questions or concerns, contact us at (802) 861-2273 or email info@barevt.com.

*In case of emergency - please contact Jamie Spano (owner) at (802) 999-4070.