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## **ELECTROLYSIS**

Electrolysis is a time-tested method that was invented more than 100 years ago to remove irritating, in-grown eye lash hairs. Most areas of the body can be treated with Electrolysis, including the eye brows, face, thighs, abdomen, breasts, and legs. There are no permanent side effects. Sometimes, a slight reddening of the skin occurs during or immediately after treatment, but this will only last for a short time. Electrolysis is very safe and, unlike depilatories or bleaches, no harsh chemicals are used.

Electrolysis is a way of removing individual hairs from the face or body. Today's medical electrolysis devices destroy the growth center of the hair with chemical or heat energy. A very fine probe is inserted into the hair follicle at the surface of the skin. The hair is then removed harmlessly with forceps. The truth is, the Food and Drug Administration and the American Medical Association recognize only Electrolysis as a permanent method of removing hair.

# What causes unwanted hair growth?

Hair growth is the result of heredity and hormonal levels. Also, some drugs, temporary methods of <u>hair removal</u>, and some illnesses can stimulate hair growth. Usually, hair growth is desirable. But when the hair is the wrong part of your body—a woman's upper lip or chin, the hands or arms—you may be considering Electrolysis.

## How many treatments will I need?

Since many factors influence hair growth, you will need to return for several visits. The total number of sessions needed to remove hair permanently from a particular area will vary from person to person. Most clients return once a week or every other week, as necessary. But the unwanted hair will be gone forever once the series of treatments have been completed. Each treatment lasts between 15 minutes to one hour.

### **Myths about Electrolysis**

Electrolysis is painful. The truth is, Electrolysis usually does not cause much discomfort. Modern Electrolysis methods have reduced the discomfort to a mere tingling. A topical anesthetic may be used in some cases.

Temporary methods of hair removal are better. The truth is, that while chemical depilatories (liquids or creams) are often used to remove body hair, these products contain irritating chemicals, and can be time-consuming and messy. Likewise, bleaches contain harsh chemicals and do little to disguise dark hair, and may also discolor the skin.

#### BEFORE YOUR ELECTROLYSIS APPOINTMENT

Since good hygiene is an important part of your treatment preparation you should be showered and clean before you arrive if you are having treatment done on the body. For work around the hairline or nape, hair should be washed

Clean skin reduces the risk of irritation, so lotions, oils, deodorants and/or make-up should be avoided on the areas to be treated.

Wear freshly laundered bikini or brief underwear for a bikini line treatment.

Do not apply deodorant or antiperspirant before having work done on the armpits

RELAX. Try to avoid the stress of rushing to keep your appointment on time. Feeling pressured to be prompt can stimulate adrenalin and make you tense and nervous. Arrive early enough to allow yourself some time to relax for a few minutes before your scheduled appointment time.

Avoid ingesting caffeine or other stimulants on the day of your appointment

It is important to be well hydrated for your treatment, so try to drink an adequate amount of water. We suggest at least 16 ounces of water prior to your appointment.

You may want to consider taking your favorite pain reliever an hour before your appointment

#### AFTER YOUR ELECTROLYSIS APPOINTMENT

It is normal for the treated area to be red and slightly swollen. Both of these conditions usually disappear within an hour or two, but can last longer. Do not touch, rub, scratch or squeeze the treated area.

Keep treated area clean and dry. Do not rub while washing or drying your skin.

Avoid the use of ointments or creams. Do not use deodorant or antiperspirant for 24 hours after work on the underarms.

Do not apply make-up to the treatment area for at least 24 hours. If you must use make-up, use only fresh make-up, purchased within the last 90 days to minimize the risk of infection or reaction. Do not use soiled powder puffs.

If work was done on the face, neck or hairline, put a new pillowcase on your pillow.

If, after treatment, a tiny formation of fluid resembling a milia or whitehead is noted, do not squeeze. Apply a dab of calamine lotion to the area. This reaction is normal and the fluid will dry up. If pustules appear, periodically apply hydrogen peroxide to the treated area.

If swelling occurs, apply ice wrapped in plastic to the treated area. Blot lightly with an antiseptic such as Sea Breeze, Bactine, or Witch Hazel. Apply Aloe Vera gel or medicated greaseless cream especially formulated for burns.

If pustules appear, periodically apply hydrogen peroxide to the treated area. Also use an antibacterial cream or ointment such as Polysporin, Bacitracin, Mycitracin or other similar product. Occasionally, a tiny scab may appear a few days following treatment. This is also normal. DO NOT remove this scab. It will heal from underneath and will come off by itself.

Avoid exposure to the sun or tanning beds for at least two days. If you must be out in the sun, wear sun block of at least SPF #30. Wait three to five days before using hot tubs, saunas or pools. If you have any concerns regarding your electrolysis treatment, please call.