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# **After Treatment Care**

# Do

#### Soothe + Sterilize

Use witch hazel, diluted tea tree oil, or aloe vera to soothe & sterilize the area.

#### **Reduce Inflammation**

Apply a cold compress to minimize swelling.

#### Schedule Your Next Appointment

Make sure you get the time-slot that works best for your lifestyle.

# RECOMMENDED

### Managing Pain + Discomfort

Apply a topical salve or aloe vera

Take a pain relief tablet (use as directed).

Apply a numbing cream containing

Lidocaine that can be found over the

counter or you can get one slightly stronger that can be prescribed by a physician.

#### Sun + Swim

Stay out of the sun for 72-hours to avoid pigment spots. If you will be in the sun, be sure to use a sunscreen with a minimum of 30-SPF.

Avoid chlorine for 48-hrs.

## DONT

#### Increase Risk of Infection

Avoid rubbing, scratching, and over-touching the treated area within the first 24-hours post-treatment.

#### **Alcohol Based Products**

Refrain from using products like perfume immediately following treatment. Isopropyl alcohol burns and can irritate the treated area because the pores are open.

#### Remove Scabs

It's normal for scabs to form after electrolysis so it's important to never pick them. Removing a scab prematurely can cause scars and increase chances of infection.

### Wax, Tweeze, Thread or Sugar

If you must remove your hair between appointments, then shave, clip or use a depilatory cream.

Remember, if you bleach in between appointments, make sure there is enough time for your hair to grow back in so your electrologist can see your roots {approx 1/16" to 1/8"}.

### **Sweat Excessively**

Engagement in activities that cause excessive sweating, like working-out or sitting in a sauna, immediately after treatment can trigger a build-up of bacteria and cause infection.

# WHAT TO EXPECT

## Redness, Swelling, Scabbing + Possible Bruising

The post-treatment sensation feels similar to a sunburn. You may apply witch hazel or aloe but ask your electrologist about other post-treatment options that may be appropriate for you.