

For further advice please contact Specialist Nurse on **07854 232 594**

Specialist Nurse – **Kerr Clapperton**



For appointment enquiries please contact the service coordinator on **0131 312 0631**.

Clinic times: **Monday 0900-12:30**

For emergency enquiries out of clinic hours, please contact your G.P.

If you are unable to attend your electrolysis appointment please contact the department as soon as possible to enable the appointment slot to be used.

Skin care advice following Electrolysis hair removal

OPD 8
Ground Floor
RHCYP
50 Little France Crescent
Edinburgh
EH16 4TJ

We have produced the following after care leaflet to guide you through a problem free skin care regime. All the information is very basic and obviously any special skin care needs will be adapted for each individual by your practitioner.

Your Questions Answered

Sun Protection

Protection from sun exposure is recommended more and more in today's society and therefore particular attention should be paid following electrolysis treatment. It is advisable to keep area out of direct sunlight throughout your course of treatment but if unavoidable you should wear a sun block of factor 50 or at times when there is a risk of high sun exposure.

Can I wash my skin?

The treated area is fragile and should be treated delicately for a few days. Routine bathing should continue as normal using mild soap until the redness settles. Cleansers and alcohol toners should be avoided for five days after treatment in case of adverse skin reactions. Shaving of the treated area should be avoided until redness subsides.

Can I use moisturising cream?

It is advisable to apply a non-scented oil based moisturiser to the area daily to prevent dryness - ie. E45 or Vaseline intensive care lotion. Routine daily moisturising prevents the skin from drying and reduces the chances of crusts forming. Try to keep well hydrated by drinking plenty of water.

Will my skin be sore?

The treated area may feel similar to sunburn for a short time after treatment. A cool pack can be provided by staff after treatment. This will help cool and soothe the skin if necessary. An **aloe vera gel** can help cool and soothe the treated skin for the first 2 or 3 days.

Can I participate in sports after treatment?

Following treatment you should avoid swimming and sports involving physical contact for 5-7 days. Saunas and steam rooms should be avoided until the skin has settled.

Can I wear make-up?

Application of cosmetics or camouflage should be avoided for 5-7 days after treatment. Some patients want to camouflage the redness with makeup. Applying make-up will increase the chance of the skin becoming infected.

Will the area be swollen?

Patients may experience some mild swelling for 24 - 48 hrs. Cold compress or aloe vera gel may help reduce this. You may also see some scabbing of the treated follicles. Try to avoid picking or scratching the area as this can increase the chance of scarring or infection.

Other Information