

Electro Epilation (Electrolysis Hair Removal)

WHO IS SUITABLE? You may be advised to consider Electro Epilation for your hair removal instead of the laser for the following reasons:

- If the hair is too fine to respond well to the laser treatment. Some fine hair can be treated with electrolysis, however, if the hair is very fine then probing these follicles may not be possible. You will be advised on assessment of your hair.
- If the hair is grey, white, blond or has insufficient pigment to respond well to the laser.
- If you are susceptible to unwanted side effects from the laser treatment such as reactive (stimulated) hair or pigment changes.

WHO IS NOT SUITABLE? If you have large areas of hair you want removed then Electro Epilation will not be a viable option because of the time it takes (compared to laser).

If you have very curly or 'corkscrew' hair type electro epilation is not ideal due to difficulty in probing the follicle.

Some medications or medical conditions may mean it is best not to carry out treatment. It is important that you answer the questions in your consultation correctly so your suitability can be assessed.

PREPARING FOR TREATMENT: For optimum results, the hair should be treated as soon as re-growth is first noticed.

When a hair is first growing and only just emerging from the skin, it has a live root that is more likely to be destroyed with treatment. When a hair has become long, the root below has deteriorated which makes treatment more difficult.

If you usually pluck, thread or wax the hairs, you will need to stop doing this and cut any growth with scissors or razor to allow some hair to form in the follicle ready for electrolysis treatment. It is therefore ideal to book your appointment as soon as you notice new hairs growing and in fact is better than leaving the hairs to become long.

- Do not expose the treatment area to sun or sunbeds for 2 weeks before treatment. There is always more risk of skin markings when treating a tanned skin. It is safe to treat over fake tan.
- Do not book your appointment on the same day as a gym session or other skin treatments.
- It is not recommended to have treatment if the skin near the treatment area is in any way sore, irritated or infected, especially if there are cold sores.

THE PROCESS: Electro Epilation involves treating the root of the hair by carefully inserting a tiny probe into the hair follicle and applying a momentary amount of heat. Each hair is treated individually.

If you are just starting your hair removal in this way, your treatments will be approximately 10 to 14 days apart for the first 3 to 4 months. After this time you will notice a reduction in the amount of hair re growing and there will be more time in between treatments, such as every 3 to 4 weeks. The more treatment you have, the longer it will become before you see new hairs for your next treatment as well as the amount of hair always becoming less. It is a progressive and gradual process.

The nature of the treatment progression means that the total number of treatments is unpredictable and depends on:

- The amount of hair you have to start with.
- If the hairs are treated in the growing phase.
- How regularly you attend treatment especially during the first 3 to 4 months.
- Your hair growth cycle.
- Other hormonal factors affecting your hair growth.
- The level of hair reduction you feel happy with.

NORMAL EFFECTS AFTER TREATMENT

- Your skin may be a little red and slightly puffy for a short time after treatment (From 30mins to a few hours). This will depend on your sensitivity to heat.
- The following day you may notice a tiny red speckle or dot (scale) where each hair has been treated. This effect mostly lasts only a few days, but maybe up to two weeks if you are slow to heal.

Some people are prone to a spot breakout after treatment.

SIDE EFFECTS WE LIKE TO AVOID

It is possible that a small skin marking or a scar may remain after the treatment. This could happen if too much heat causes damage beyond the hair follicle. This is minimized and mostly avoided with careful treatment application and working under a magnifying light

AFTERCARE

- Do not pick or rub with flannels or towels until the scale has healed.
- Avoid hot water, cleansing products and perfumed products on the treated area for a few days and especially for the first 24hrs.
- Although it is tempting to cover the treated area with make up, it is not recommended especially for the first 24hrs. This is to avoid infecting the treated area.
- Soothing Aloe or Witch Hazel gel may be applied afterwards.
- It is sometimes possible to experience a few small spots or pimples after hair removal. Most people do not experience this, but some people are more prone to spots than others. Application of some antiseptic cream will help any spots to heal.