



Rubiology Electrolysis  
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## Before Treatment Care

### Do

#### Hydrate + Moisturize

Drink a lot of water during the full course of your treatment sessions and keep the treatment area well moisturized for best hair removal results.

Try avoiding chocolate, caffeine and alcohol 24-hrs before treatment to promote further hydration.

#### Clean + Fresh

Always arrive to your appointment in good hygiene.

#### Consult Your Doctor

If you have any health conditions that impact your skin, heart, blood or hair growth you should always consult your physician first.

#### Be Honest

Always tell your electrologist the truth and disclose all health conditions when completing the forms provided.

### DONT

#### Serious Retinoids

Stop using retinoids at least 1-week prior to treatment.

#### Clog Pores

Refrain from applying make-up, deodorants or any other products that may clog the pores of the area being treated.

#### Bleach Hair

Never bleach hair right before an appointment. The harder the hair is to see, the harder it is to remove. If you bleach in between appointments, allow enough time for your hair to grow back in so your electrologist can see your roots {approx 1/16" to 1/8"}.

#### Expose Yourself to Sun

Stay out of the sun for at least 48-hrs prior to electrolysis treatment to avoid dilation of the blood vessels.

## RECOMMENDED

#### Managing Pain & Discomfort

Apply a numbing cream as directed on the label before arriving to your appointment. You can buy it from the pharmacy or ask your doctor to prescribe one that's a bit stronger.

For added relief, take a pain relief tablet. Use as directed on the label.

Avoid caffeine, alcohol & chocolate 24-hrs prior to treatment.

Avoid treatment during menstruation because some women find they are more sensitive during this time.

#### Shave

If you are getting a dense area treated like the bikini, groin or beard, shave the area being treated 3-5 days before your first treatment (depending on regrowth rates) to ensure all hairs being treated are in the Anagen (growth) phase. Ensure regrowth is at least 1/16" to 1/8" in length.

To learn more, ask your electrologist about the hair growth phases and how they impact your treatments.