



## JULIA WALLIS ELECTROLYSIS

### *Electrolysis for Cosmetic skin lesions Aftercare*

It is important to follow these simple steps for 24-48 hours or as required depending on the treatment using Electrolysis on cosmetic lesions. This will reduce the risk of infection and support the skins healing process. You may experience slight redness and a feeling of warmth in the area immediately after treatment, which normally subsides within 24-48 hours providing you follow the instructions below. Crusts (the skins natural plaster) will then form over the treated lesion and slough off as the skin heals which varies depending on the procedure. Your Electrologist will advise accordingly.

#### **Do Follow these suggestions to promote skin and overall wellbeing:**

- Follow your agreed skincare regime gently prior to applying aftercare.
- Use cool to warm water to shower or bath with a mild un-perfumed soap and gently pat dry.
- Use a clean towel, flannel and pillowcase on the day following your treatment.
- Apply required amount of **Julia Wallis Therapeutic Aftercare** using clean hands or chosen applicator directly onto skin treatment area, smooth or allow to soak in. Repeat twice daily for 2-4 days or longer as required. More aftercare product can be purchased from your Electrologist.
- Appropriately dose sun exposure throughout the whole day to include the rainbow of wavelengths, emphasising morning sun rise and evening sunset rich in red and near-infra red light (NIR), allowing the light into the eyes (from outside, not through glass windows, glasses or contacts lens) and on the skin to optimise healing in the treatment area and allows the body to balance as discussed with your Electrologist.
- Allow any crusts (skins natural plaster) that may form, to slough off naturally these may take up to 10 days or longer.
- Wear loose fitting clothing for body treatment and if wearing a mask is required ensure it is clean with every use.
- Continue gentle exercise that does not bring on a heavy sweat.
- Hydrate by drinking filtered structured water to allow adequate hydration into our cells to create EZ (exclusion zone) water. This will hydrate, reduces overall inflammation and will bring balance improving optimal health.
- To reduce overall stress and increase health benefits, optimise breath practices through the nose daily (longer out breath, Humming Bee breath, alternate nostril etc) mindfulness, positive/gratitude 'I am' statements all to increase Nitric oxide.

#### **Avoid the following activities for 24-48 hours or as advised:**

- Avoid touching the treated area with unwashed hands.
- Avoid using ice on the area as this slows the skins healing process.



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- Avoid swimming, vigorous exercise, sauna or steam room, spicy foods, alcohol, or anything that causes sweating or dilation of capillaries for the first few days and taking care not to prematurely remove any crusts which will only have to reform and start the healing process again.
- Avoid harsh soaps, astringents, exfoliant's.
- Avoid sunscreens (SPF), do cover area with a hat or loose clothing during peak summer days for the first few days after treatment.
- Avoid flying if possible, for 24 hours post treatment.
- Avoid deodorant, antiperspirant, perfumed face and body lotions, talc, perfume, body sprays, make-up or self-tan on the treatment area.
- Avoid massage and other facial or body treatments over the treated area until the crust has naturally sloughed away.

**If there are any lingering problems, please do contact your Electrologist or mention at your next appointment along with any health or medication changes.**

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