

HOME METHODS

These hand held battery operated machines are difficult to use. Electrolysis requires significant training for proper hand-eye coordination and correct angle of insertion into the follicle is difficult to obtain on oneself. Without proper training, adequate lighting and magnification, in most cases they are not worth the effort and expense. Damage to the skin could happen if not done properly.

SAFETY

Modern well-trained electrologist's utilize the most up to date effective methods of sterilization, disinfection and antisepsis, and follow guidelines set up by a major electrolysis organization and the CDC. Don't hesitate to ask your electrologist about those methods utilized to guarantee your safety. Also ask about their training and if they routinely attend organizational meetings to update their knowledge and training as new information in their field is made available. If their training is good and updated there should be no side effects such as scarring or pitting. During electrolysis treatment there is a short healing phase, just like in many minor medical procedures. During this time there may be some short-term redness and swelling and occasional pin-point scabbing. Some of these minor side effects occur more readily on different areas of the body than others. Don't be afraid to ask what to expect during this time.

PAIN?

Whether there is any pain during treatment is quite variable depending on each patient's tolerance, machine settings, modality used, as well as other factors. During most treatments a definite sensation should be noticed. Unfortunately "no pain, no gain" applies to electrolysis but your electrologist is trained to work within the comfort of the patient and most use some form of topical anesthetic. Don't be afraid to voice what you are feeling. There are several different ways to work through this minor problem.

COST

Considering the intense physical effort required of the electrologist, as well as the equipment, office space, insurance and continuing education required, the fees charged are thought to be reasonable. When compared to the prices of other health and beauty services, and the cost of using temporary means electrolysis, in most instances, is very affordable. The cost of a life time of temporary methods is often more costly than the total cost of electrolysis treatments. It is also usually much less damaging to the skin than many of the temporary methods available.

TREATMENT AREAS

Almost any area of the body can be treated with the exception of inside the nose and ear canal. Present fashion many time dictates where hair is not desired. This is especially determined by the persons lifestyle and desires. Men are utilizing electrolysis more as they also enjoy looking well groomed. Areas of concern for men would include hairlines, eyebrows, beard lines, shoulders, back, neck, ears and nose. Ingrown hair are also a serious problem of many men and cause them constant irritation. Hairy moles can only be treated with the written permission of a physician.

SELECTING AN ELECTROLOGIST

There are many factors that should influence your choice of an electrologist. Referral by a friend who has had a good experience with treatment is usually an excellent way. Physician referral is another way. The yellow pages is also another source to find electrologists. Which ever way you use you should seek a consultation with the electrologist during which you should ask many questions. Determine if he/she is licensed by the state and/or national professional organizations, and participate in continuing education. Interview several, if possible, before deciding which one to go with. Remember you will be requiring many treatments over a period of time so use the one which you feel most comfortable and confident with.

ELECTROLYSIS



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The Only Permanent Choice

CAUSES OF UNWANTED HAIR

Many factors can contribute to the growth of excess hair. Heredity many times determines hair growth. Race, nationality and family play a big roll in this. Caucasian people tend to be the most hairy with the Negroids following. Nationalities from the Mediterranean area have more hair, such as Spanish, Greeks, Italians, and the Middle East regions. Finally it is a known factor that if your mother or grandmother had facial hair it is a good chance you will too.

Puberty, Pregnancy and menopause also can cause unwanted hair growth. During normal systemic changes in a woman's life, hormone production varies. It is not uncommon for hormones during these times to be unbalanced. Increased male hormones (androgens) can be present which may result in hair growth.

Malfunctions of the endocrine system can trigger the appearance of excess hair. Some diseases of the thyroid, ovaries, pituitary and adrenal glands can cause some hair growth. Sometimes the hair growth is a symptom of a disease which needs medical intervention and a physician should be consulted. There could be a tumor involved or it could be a simple medical problem that just needs management. Electrology will probably still be needed after the disease process is resolved. Sometimes there is no medical problem at all but it is known that the follicle itself can be very sensitive to the androgens causing hair growth. In this

instance there is a medicine that can block absorption of the androgens at the follicle level and prevent the need for a long term of treatment by electrolysis. (Most electrologist's usually know physicians who are knowledgeable in these areas and can suggest some who can help with the problem.)

Medications are another known factor influencing the production of unwanted hair. Some common culprits include birth control pills, cortisone, some seizure drugs and high blood pressure medicines.

Topical influences include those which cause an increase in blood supply to the skin and follicles. These would include the use of a cast, sunburns, scars from injuries including severe acne, as well as prolonged tweezing and waxing.

Stress also plays a big roll in unwanted hair. Any physical or emotional stress increases the androgen level. This increase helps us deal with the stress at the time but it also can trigger unwanted hair growth.

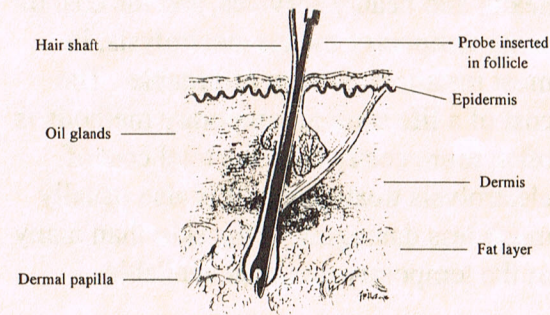
Whatever the cause of the hair growth, a knowledgeable electrologist can help determine the cause or can recommend a physician who works with this problem. With medical intervention, if it is warranted, and with electrology, unwanted hair can be safely and permanently eliminated for you.



HOW ELECTROLYSIS WORKS

An electrolysis treatment involves the inserting of a sterile probe, the same size as the hair, into the hair follicle opening down to the DERMAL PAPILLA. The dermal papilla is the electrologist's target. It is the part of the follicle that contains blood and nerves and feed the growing hair. If the papilla and the germ cells around it are destroyed the hair will die. When the probe is in place, a low-level electrical current is applied that will destroy the papilla and surrounding cells and loosen the hair in the follicle. The hair is then removed and should be lifted out without any pain. There could be a tugging sensation but only an occasional "tweeze".

Many hairs will be eliminated with only one treatment, but some will need two or more treatments to achieve permanency. Electrolysis involves a series of treatments over a period of time. The length of time depends on the amount of hair, its coarseness, the cause of the excess hair and



many other factors, but once the dermal papilla has been eliminate, the hair is dead and will not regrow. Treatments will be frequent at first but will be spaced further

apart as improvement is seen. This time span should be determined by you and your electrologist to keep you most comfortable with your appearance during treatment.

ELECTROLYSIS TECHNIQUES

Electrolysis is the only form of permanent hair removal with scientific proof of permanency. It is also the only method recognized by the American Medical Association.

The "tweezer" method is no more than tweezing the hair and is not recognized by the FDA. There are three types of treatment that can be used to eliminate unwanted hair, and all three are effective, although the Blend is the most effective if done correctly.

Galvanic: the oldest is a chemical method that utilizes a direct current to create a chemical reaction which destroys the dermal papilla.

Thermolysis: uses a high frequency current to produce heat in the area which cauterizes and destroys the papilla.

Blend: is a combination of the above two where thermolysis enhances the galvanic causing better destruction of the lower portion of the follicle. This method has the highest rate of destruction than the other two. Your electrologist will determine which method is best for each individual depending on your hair type, skin characteristics and sensitivity, to assure maximum comfort and permanency for each individual.