

PATIENT INFORMATION / 01

Your guide to permanent hair removal.

If a clinician, care coordinator or community organization handed you this guide, it means electrolysis may be worth learning about. It does **not** mean you have to begin treatment, that you are booked, or that a particular result can be promised.

Three things to know first

01 — Permanent	Electrolysis targets individual follicles to achieve permanent hair removal. Different hair and skin colors can be treated. [1,2]
02 — A process	Hair grows in cycles. You will generally need a series of appointments, not one visit. [1,3]
03 — Your choice	You decide which hair matters to you. Gender, diagnosis or a future surgery is not required to have a conversation about unwanted hair.

A first step that does not require medical paperwork

You can request contact at sphynx-electrology.com/booking. Use the form only for your name, contact method and broad availability. Please do not send diagnoses, medication lists, insurance numbers, surgery diagrams or intimate photographs there.

IMPORTANT

Sphynx is preparing its Chicago practice. This is an informational preview, not a promise that appointments are currently available. Your clinician’s instructions always take priority for surgery-related hair removal.

Inside: how electrolysis works / planning / your visit / preparation / aftercare / surgery-related questions / costs and contacts.

UNDERSTANDING THE METHOD / 02

How electrolysis works.

Hair forms inside a follicle beneath the skin. In electrolysis, a practitioner follows the follicle’s opening with a very fine sterile probe and delivers controlled energy to target its growth structures. The treated hair can then be released. [1,3]

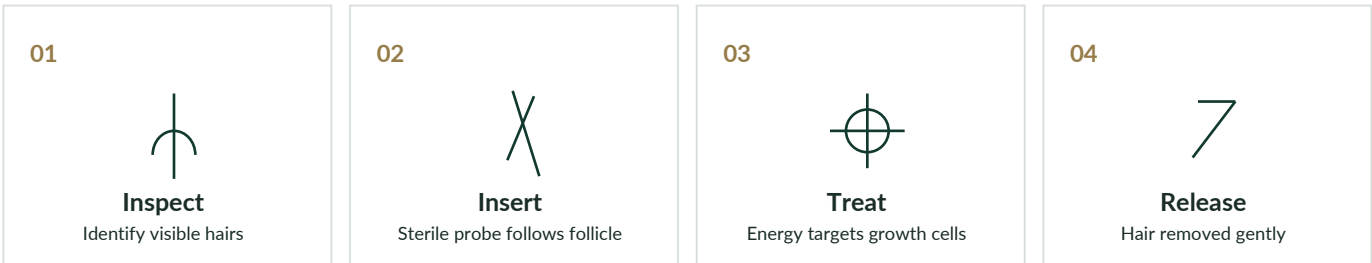


Illustration is conceptual, not to scale. Techniques may use heat, a chemical reaction, or a blend of the two. Your electrologist selects the method and settings. [3,4]

Why would a hair appear later?

Hair follicles are not all active at the same time. A follicle that was resting during one visit may produce a visible hair weeks later. This is why a treatment plan often involves repeated sessions and reassessment. [1,4]

Electrolysis compared with laser

Electrolysis	Laser treatment
Treats hairs one follicle at a time; useful for light, white, gray or red hairs as well as dark hair.	Treats a wider area at once; outcomes are influenced by hair pigment, device and skin factors.
Can deliver permanent removal of treated hairs when treatment is successful; time-consuming on very dense areas.	Can produce substantial long-lasting reduction, but may leave remaining hairs or need further treatment.

Neither option is a promise that every hair will disappear on a set schedule. For surgery preparation, use whichever approach your surgical team specifically permits. [2,4,5,6]

Clinical references: [1], [2], [3], [4], [5], [6]. Full titles and URLs on the reference page.

YOUR APPOINTMENT / 03

What a visit may feel like.

Before a treatment session

A practitioner should discuss the area you want treated, realistic timing, your skin and health precautions, past removal methods, pricing and consent. A brief test area may help guide comfort and skin response. [4,11]

During treatment

- You may feel brief warmth, a pinch or a stinging sensation as each follicle is treated. Different body areas feel different, and tolerance varies. [1,3]
- A fine probe goes along the natural follicle opening. Proper removal should not feel like a hair is being forcibly plucked; tell the practitioner if it does. [3]
- You can ask for a pause, discuss a change in the approach, and stop treatment. Consent is ongoing. [11]

After the appointment

- Temporary redness, tenderness, swelling or warmth can occur. Some people develop small superficial crusts. The duration depends on treatment area and individual skin response. [1,4]
- Pigment changes, infection, scarring and burns are possible risks. A consultation should explain them rather than promise “zero downtime” or “no side effects.” [1,2]

Comfort and numbing products

Ask before using a topical anesthetic. Do not apply high-strength numbing creams, large quantities, or plastic-wrap occlusion on your own. The FDA has warned that some high-strength products used for cosmetic procedures can cause serious harm. [10]

YOUR CONTROL

You do not need to explain or defend your gender, appearance, or personal history to justify a hair-removal goal. Only information genuinely relevant to treatment safety and care planning belongs in the private intake.

Clinical references: [1], [2], [3], [4], [10], [11]. Full titles and URLs on the reference page.

BEFORE YOUR VISIT / 04

Preparation checklist.

These are general guidelines for professional electrolysis. Your actual practitioner may give you different instructions for the area or skin condition. If you are preparing for surgery, your surgical team's directions take precedence. [3,4,6]

In the days before

- **Keep enough visible hair for the practitioner to grasp.** Avoid last-minute close shaving unless you were specifically told how much regrowth is needed. Requirements vary by area and session plan. OHSU's surgery guide cites about 1 mm for its own electrolysis preparation. [6]
- **Avoid pulling hair from the root.** Tweezing, threading, waxing and plucking can make hairs unavailable for treatment; ask the practice when to stop based on your existing routine.
- **Be gentle with your skin.** Do not intentionally sunburn, tan or aggressively exfoliate the planned area immediately before treatment.
- **Disclose relevant issues through a private intake.** Bring up active irritation/infection, recent procedures, healing difficulties, implanted devices, products or medications that make the skin fragile or sensitive. [4,11]

On the day

- Arrive with reasonably clean skin and no heavy products over the treatment site unless instructed otherwise.
- Plan time to discuss concerns and consent; tell the practitioner about pain tolerance or triggers before treatment begins.
- Do not experiment with numbing products. Ask a qualified clinician or pharmacist for product-specific advice. [10]

If you are sick or the skin looks infected

Contact the practice before attending. Treatment on infected or inflamed skin may need to be deferred, and a clinician may need to examine the area. [9,11]

TO REMEMBER

You do not need to arrive with a perfect hair-removal plan. A good consultation starts with your own goals and an honest discussion of what is realistic.

Clinical references: [3], [4], [6], [9], [10], [11]. Full titles and URLs on the reference page.

AFTER TREATMENT / 05

Take care of the skin you treated.

Mild redness, tenderness or slight swelling are commonly reported after electrolysis. A practitioner should give aftercare tailored to the location and your skin. [1,3]

The first 24 hours

- Use gentle skin care and keep the treated area clean, following the practice’s written instructions.
- Avoid actions that can aggravate freshly treated follicles: heavy sweating, tanning, prolonged direct sun exposure and applying makeup directly over the treated area. [1,3]
- Avoid picking, rubbing or scratching crusts if they develop; allow skin to recover. Do not apply strong exfoliating acids or irritating products until the practitioner says the skin is ready.
- Avoid unapproved topical products or at-home procedures on the treated area while it is irritated.

Contact the practitioner or a healthcare professional if

- Pain, redness or swelling gets worse instead of gradually improving; the area becomes increasingly warm, develops pus or expanding redness, or is not healing normally.
- You develop fever or feel unwell after a skin procedure. Seek prompt medical advice; for severe allergic symptoms, trouble breathing or other emergency symptoms, seek urgent care.

Skin tone and healing

Temporary darker or lighter marks can occur, especially after inflammation. Let the practitioner know if you have a history of pronounced pigment changes or abnormal scarring; do not use bleaching products on fresh treated skin. [1,2]

AFTERCARE

Follow the individualized instructions given by the treating practitioner.
For unusual symptoms or concerning skin changes, contact a qualified clinician.

Clinical references: [1], [2], [3]. Full titles and URLs on the reference page.

TREATMENT PLANNING / 06

Think in sessions, not promises.

A consultation can help estimate where to start; it cannot predict a perfect date when every follicle will be inactive. The amount of hair, natural growth cycles, previous treatment, hormones and your comfort all affect the course. [1,3,4]

An example of sensible planning

- 1. **Choose the priority.** Which area bothers you most? Are you aiming for a reduction in visible hair or complete permanent removal?
- 2. **Choose a sustainable schedule.** Decide what appointment length, recovery time and budget you can realistically maintain.
- 3. **Review progress at intervals.** What has cleared? Where is new hair appearing? Does the skin need a different pace?
- 4. **Adjust.** No two areas or people necessarily respond the same way; the plan should adapt rather than promise a fixed package.

Sphynx planned session rates

30-minute session	60-minute session
\$90	\$150

Sphynx pricing is provisional until the practice opens. The total cost depends on treatment area, hair density, growth patterns and individual response. No insurance coverage or reimbursement is implied.

Questions worth asking

- How do we prioritize areas, and what will we reassess after several sessions?
- What might my skin look like afterward, and how should I schedule around work or events?
- What would be a realistic appointment frequency and financial commitment?

NOT A BOOKING

A website consultation request is a request to be contacted, not a confirmed appointment. The practice’s independent launch and licensed practitioner status must be confirmed before appointments can be offered.

Clinical references: [1], [3], [4]. Full titles and URLs on the reference page.

PREPARING FOR SURGERY / 07

If your surgeon requested hair removal.

Hair removal before a procedure is different from elective facial or body hair removal. Your surgical team decides whether it is necessary, which tissue must be treated, acceptable methods and the deadline. [5,6,12]

Bring your surgeon’s answers to these questions

- 1. Exactly **which operation** and technique are planned?
- 2. Which **specific skin areas** must be treated? Ask for the surgeon’s written diagram, marked boundaries or measurements.
- 3. Does the team allow **electrolysis, laser, or a combination**?
- 4. How much clearance is expected, who verifies it, and how far ahead of surgery must treatments finish?
- 5. Does the surgeon require treatment notes, photographs or progress confirmation, and where can these be exchanged securely?

Why the instructions are so specific

In some reconstructions, skin with remaining hair can be moved to places where hair is difficult or impossible to treat later. For example, UCSF discusses removal requirements for tissue used in vaginoplasty, and Johns Hopkins provides a particular donor-site template for phalloplasty. Those resources are **not universal maps**. [5,12]

Privacy matters

Do not send sensitive surgical maps, genital photographs, diagnoses or medical records through Sphynx’s public consultation form or an ordinary email address. Ask for the verified private intake and secure transfer process once it is established.

DECISION AUTHORITY	Only the treating surgeon can tell you what is sufficient for your operation. Sphynx can participate in hair-removal planning but cannot independently declare you surgically cleared.
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Clinical references: [5], [6], [12]. Full titles and URLs on the reference page.

TAKE-HOME REFERENCE / 08

Ready for the next conversation?

Questions to keep on your phone or on paper

- What area would I like to discuss first?
- Have I had laser, waxing, tweezing or other removal there?
- Have I experienced unusual irritation, pigment changes or slow healing?
- What do I need to ask my surgeon before beginning, if this is surgery-related?
- What frequency and budget can I sustain?

How to reach Sphynx

Information and basic consultation request:

sphynx-electrology.com/booking

General contact: kaylax@sphynx-electrology.com

Telephone: (312) 519-3639

Sphynx is preparing to open. Confirm appointment availability directly.

No medical documents or sensitive details via the public form.

Evidence you can read for yourself

[1] Cleveland Clinic, “Electrolysis: Definition & Treatment” — my.clevelandclinic.org/health/treatments/8306-electrolysis

[2] American Academy of Dermatology, “6 ways to remove unwanted hair” — aad.org/public/everyday-care/skin-care-basics/hair/remove-unwanted-hair

[3] OHSU, “Hair Removal, Voice Therapy and Fertility Services” — ohsu.edu/transgender-health/hair-removal-voice-therapy-and-fertility-services

[4–6, 12] UCSF, OHSU and Johns Hopkins: gender-affirming hair removal and surgeon-specific preparation guides. Full source list is maintained in the office master set.

[10] FDA: warning about high-strength topical pain products used before certain cosmetic procedures.

ABOUT THIS GUIDE

General educational material, not medical advice, an appointment or a treatment consent. Sphynx is in prelaunch; confirm availability before planning treatment.