CHECKLIST

Epilator Aftercare Checklist

In time order. Sources: Braun, Philips, Sutter Health.

1 First few minutes

- [ ] Moisturise (after epilating, not before). Nourishing body lotion or gentle moisturiser (Braun, Philips).

2 First 24 hours

- [ ] Night before an event? Braun: gives irritation 24 hours to settle.
- [ ] Swimming or sunscreen within 24 hours? Be careful (Sutter Health).
- [ ] First time epilating? Braun manual: do it in the evening.

3 Before the next session

- [ ] Exfoliate (scrub or mitt in a warm shower). Philips and Braun put this before epilating.
- [ ] Check hair length: no longer than 5 mm; trim longer hairs first (Philips).
- [ ] Gap: every 2 to 3 weeks (Philips). Beginners weekly, experienced every 3 weeks (Braun).
- [ ] Go slowly: about 15 seconds from ankle to knee (Braun).

4 After every session: clean the head (check your own manual)

- [ ] Unplug first.
- [ ] Brush out the cap.
- [ ] Brush dipped in alcohol on the tweezers from the rear (Braun Silk-épil 5 manual).
- [ ] If your manual allows it: running water method as in the manual; dry completely before reattaching.
- [ ] Not every model is the same: check your own manual.

STOP AND ASK A CLINICIAN:
if you have doubts about using the appliance, or have eczema, wounds, inflamed skin reactions or varicose veins (Braun manual). Do not epilate over cuts, rashes, bumps or sunburn (Sutter Health). If skin keeps reacting or you are worried, ask. This is a care-steps checklist from manufacturer and health-site guidance, not medical advice.

LOG

Session Log

Facts only: date, hair length, area, and what you did afterwards.

Date	Hair length (mm)	Area	Moisturised	Head cleaned	Notes
			○	○	
			○	○	
			○	○	
			○	○	
			○	○	
			○	○	
			○	○	
			○	○	
			○	○	
			○	○	
			○	○	
			○	○	
			○	○	
			○	○	

Gap between sessions in the sources: every 2 to 3 weeks (Philips); beginners weekly, experienced every 3 weeks (Braun).