

[the med spa]

Facial Waxing Pre and Post Care

Pre care

1. Avoid use of Accutane for 6 months prior to treatment.
2. Avoid sun exposure for at least 1 week prior to treatment. Apply sunscreen with a minimal SPF of 30 as part of your daily skin care regimen before routine exposure to daylight.
3. Must be off of Retin-A, retinols, or any anti-inflammatory drugs for 3 days prior to wax.
4. Caffeine, menstruation, and pregnancy increase skin sensitivity, therefore increasing the risk of unwanted side effects.
5. In order for wax to be effective, hair must be $\frac{1}{4}$ to $\frac{1}{2}$ an inch in length.

Post care

1. Mild redness and minimal swelling can last for a few minutes up to 48 hours post procedure. Aloe vera or a cold compress may be applied to reduce these effects and ease pain.
2. Wait at least 3 hours or until redness has subsided before applying makeup.
3. Avoid direct sunlight and tanning beds. Use sunscreen with an SPF of at least 30 for the next few days following procedure.
4. Avoid excessive heat, hot showers, and exercise for 24 hours as this can increase irritation and cause hyperpigmentation.
5. Use cool water and gentle cleansers for 48 hours.