



## Waxing Pre and Post Instructions

### Before your treatment:

- **Avoid** sun exposure and tanning beds to treated areas 1 week prior to treatment (we recommend this indefinitely). Daily sunscreen with an SPF of at least 30 is always recommended.
- **Avoid** applying lotion on treatment for 24 hours prior to treatment.
- **Avoid** excessive exfoliation or scrubs on treatment areas 48 hours prior to treatment.
- **Avoid** any irritants to your skin, such as any products containing: Retin-A, retinol, benzoyl peroxide, glycolic, salicylic acids, astringents or Vitamin C for 1 week before your treatment.
- **DO NOT** wax, tweeze, or use a depilatory on treatment areas for 1 week prior to your treatment.

### After your treatment:

- **Avoid sun exposure** and tanning beds to treated areas 1 week after treatment (we recommend this indefinitely). Daily sunscreen with an SPF of at least 30 is always recommended.
- **Avoid** any irritants to your skin, such as any products containing: Retin-A, retinol, benzoyl peroxide, glycolic, salicylic acids, astringents or Vitamin C for 1 week after your treatment.
- **Avoid** hot showers, chlorinated pools, spas, and saunas.

Please call us if you have any questions.

BY SIGNING BELOW, I ACKNOWLEDGE AND CERTIFY THAT I, \_\_\_\_\_, HAVE READ AND UNDERSTAND THE "CONSENT, RELEASE AND INDEMNITY AGREEMENT" FOR THIS PROCEDURE, AND THAT I AM SIGNING IT VOLUNTARILY.

**PLEASE SIGN YOUR FULL NAME BELOW IF YOU AGREE**

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date