

MILL CREEK SKIN & LASER
WAXING
Pre-and Post Treatment Instructions

BEFORE TREATMENT STARTS

- **Treatment is not recommended if you are taking blood thinners or immunosuppressants.**
- **We cannot wax if you are experiencing the following symptoms:**
 - Open sores, blisters or wounds
 - If you have had a superficial chemical peel in the last 7 days
 - If you have had a Medical Chemical Peel or Dermabrasion in the last year
 - If you have any of the following conditions: psoriasis, eczema, moderate to severe acne

PRE-TREATMENT INSTRUCTIONS

1. In order for waxing to be effective, hair must be at least ¼ to ½ inch in length. For most people, this means around 1 to 2 weeks worth of growth after you last shaved.
2. 24 hours prior to treatment, gently exfoliate and moisturize the area. This will prepare your skin and remove dead skin cells, ensuring optimal results and a better waxing experience
3. No Retin-A or Retinols 5-7 days prior to treatment.
4. No Accutane at least 6 months prior to a waxing treatment.
5. Avoid excessive heat and sun exposure at least 48 hours prior to treatment due to increased sensitivity in the skin.
6. For women, skin can be more sensitive during the monthly cycle, so try to get the wax done at least three days before or after menstruating. Caffeine, menstruation and pregnancy increase skin sensitivity. Skin can also be more sensitive if using regular and/or topical antibiotics and salicylic acid.
7. About a half hour before waxing, take Tylenol or a mild anti-inflammatory like ibuprofen. This will decrease any discomfort caused by waxing.

POST TREATMENT INSTRUCTIONS

1. Everyone reacts differently to waxing. Common side effects are skin irritation and skin bumps which should resolve in about 24 hours.
2. Avoid touching the waxed area to ensure it remains bacteria free or you will cause breakouts.
3. Avoid applying any topical lotions and fragrances for at least 12 hours as they can irritate the skin
4. Avoid sun tanning, faux tans and tanning bed treatments for 48 hours after treatment.
5. No saunas, hot tubs or chlorinated pools for 48 hours after treatment.
6. Wax every six weeks for optimal results. Sooner than 6 weeks will not give the hairs enough time to grow long enough.

If you are interested in laser hair removal, please make an appointment.

If under 18 years of age, parent or guardian must sign below.

Patient Name (Print)

Patient Signature

Date

Guardian Name (Print) – if applicable

Guardian Signature / Relationship

Date

MILL CREEK SKIN & LASER • 15111 Main St. Suite A201 • Mill Creek, WA 98012 • 425-316-8200
www.millcreekskinlaser.com

Hours: Tuesday thru Saturday 10:00 AM-6:00 PM

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