



WAXING PRE/POST CARE INSTRUCTIONS

Side effects and risks are minimal with treatment and typically include redness, bruising, local swelling, stinging, tenderness, breakouts, cold sores, or dryness of the skin. Infections are extremely rare.

PRE-CARE

- **Avoid** sun exposure and tanning beds to treated areas 30 DAYS 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.
- **DO NOT** wax, tweeze, or use a depilatory on treatment areas for 1 week prior to your treatment.
- If a history of cold sores, please advise us accordingly. We may need to prescribe Valtrex®, Acyclovir or a similar medication to prevent any breakouts.

POST CARE

- **Avoid sun exposure** and tanning beds to treated areas 30 DAYS after treatment (we recommend this indefinitely). Daily sunscreen with an SPF of at least 30 is always recommended.
- **Avoid** hot showers, chlorinated pools, spas, and saunas. for 72 hours after waxing.
- You should NOT have any chemical peels in the area waxed for 7-10 days after the wax treatment.
- You may elect to ice the area post treatment but must do so very carefully. Use an ice pack with the fabric side against the skin or wrap a soft plastic ice pack in a wet thin towel. Apply the ice pack approximately 15 seconds on, and 15 seconds off. Icing too vigorously can cause frostbite and scarring. You may apply a cold compress to the area for 20 minutes per hour, and you may do this hourly for up to 3 days.

It is the responsibility of each guest to fully review the Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone in order to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business hours at 505.473.SKIN (7546).