



DUBLIN FAMILY CHIROPRACTIC

6365 Shier Rings Road, Suite A Dublin, OH 43016
P)614-764-4001 F)614-764-4002
www.DublinFamilyChiropractic.com

Post Waxing Instructions

For your comfort and health benefit after a hair removal service, it is important to follow the steps below at home:

- Avoid applying heat to the waxed area for 12-24 hours. This includes hot baths, sauna and steam.
- Avoid exercise or sweating for 24 hours as it can irritate the area and encourage bacterial growth.
- In case of post wax breakouts, use an acne lotion for the face, back and chest until breakouts are gone.
- Avoid sun tanning for 12-24 hours.
- Avoid applying highly fragranced products to the waxed area, including perfume, scented lotions, anti-antiperspirants, cosmetics and feminine sprays.
- Avoid using abrasive exfoliants in the waxed area. However if you are prone to ingrown hairs, you may use a loofah after 24 hours.
- Avoid applying high SPF sun blocks to the waxed area for 12-24 hours. Sunscreen chemicals can be irritating to newly waxed skin. This includes self tanners and tan accelerators.
- Any pinking of the skin should resolve within 8 hours. Pinking is normal.

Preparing for your next wax service:

- If you are being treated by a physician for any skin condition, consult with your doctor before waxing.
- If you are using exfoliants such as Retin A, Glycolic or Salicylic Acids, do not use these products for 4-5 days prior to waxing to prevent injury to the skin.
- Take an over the counter pain reliever ½ to 1 hour prior to your appointment for discomfort.
- It is recommended that you do not schedule a brazilian wax during menstruation. There is an increase in skin sensitivity in the pubic area during menstruation and pregnancy.
- Avoid Tanning for 24 hours prior to waxing.
- Wear comfortable clothing to waxing appointment.
- Hair length should be between ¼ to 1 inch in length to be completely removed.
- Never drink alcohol before waxing as it may thin the blood.
- Avoid exfoliating the area for 24 hours prior to the waxing appointment.

For best results, repeat your professional waxing service within 4 to 6 weeks, depending on the area and your individual hair growth rate for best results.

Please do not hesitate to ask any questions you may have about your waxing service.