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Body Waxing Contraindications

The following factors are known to make those who are waxed more prone to "skin lifting," where the top layer of skin is torn away during waxing treatment:

Taking blood-thinning medications;

Taking drugs for autoimmune diseases, including lupus;

- Taking prednisone or steroids;
- Psoriasis, eczema, or other chronic skin diseases;
- Recent sunburn;
- Recent cosmetic or reconstructive surgery;
- Recent laser skin treatment;
- Severe varicose leg veins;
- Rosacea or very sensitive skin;
- History of fever blisters or cold sores (waxing can cause a flare-up);
- Using Trevino, Tazarotene, or any other peeling agent;
- Recent surgical peel, microdermabrasion or chemical peel using glycolic, alpha hydroxy, salicylic acid, or other acid-based products.

There are many benefits to waxing versus other forms of hair removal. It is an effective method to remove large amounts of hair at one time. It is a long-lasting method, as hair in waxed areas will not grow back for two to eight weeks. When hair is shaved or removed by depilatory cream, the hair is removed at the surface rather than the hair root. Within a few days, the hair can reappear back at the surface. With these methods, hair tends to grow back in a rough stubble. Areas that are repeatedly waxed over long periods of time often exhibit regrowth that is softer.

There are many drawbacks of waxing as well. Waxing can be painful when the strip is removed from the skin. Although the pain is not long-lasting, it can be intense, particularly in sensitive areas.

Another drawback to waxing is the expense: waxing is usually performed by a licensed esthetician and in some cases the cost can be high, depending on the area waxed and the number of sittings required. There are do-it-yourself waxing supplies, but they may be difficult to use on oneself on some areas on the body.

Another drawback of waxing is that some people experience ingrown hairs, red bumps, and minor bleeding. This is more likely to occur when waxing areas with thick hair, especially the first few times when follicles are strongest.