

## Trusted Experience

- Easy Freeway and subway access
- Competitive Rates
- Doctor Recommended
- All Areas Treated
- Weekend Appointments
- Online Calendar



1680 N. Vine St. Suite 804  
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[www.sabrenasmith.com](http://www.sabrenasmith.com)



## Pre & Post Treatment Care

Permanent Hair Removal in the heart of Historic Hollywood

## Tips you can use

A client's pre-treatment attitude, both mental and physical, will determine how well the treatment session is tolerated. In addition, good post-treatment or aftercare will facilitate in more effective results.

This brochure is intended to help make your experience with Sabrena Smith & Associates a successful and pleasant one.

*"I want only the very best results for you!"*

## Before Your Appointment

Exercise good hygiene. If the hair line or nape is to be treated, wash your hair before your appointment. Thoroughly bathe for body treatment or wash whichever area is to be treated before leaving for your appointment.

If you are using a topical anesthetic, then apply as directed for the "recommended time" before your arrival for treatment.

**AVOID rushing!** Rushing makes you tense and sensitive to treatment. Arrive for your appointment at least ten minutes before your scheduled time. This will give you time to relax.

You should avoid caffeine or sugary products prior to your session.

## After Treatment

Depending on individual skin type, you may display redness and swelling following treatment. This is normal.  
**DO NOT BE ALARMED!**

If needed, you may apply ice wrapped in plastic or individual ice packs to the affected area. Ice will reduce swelling, redness and discomfort.

Keep the treated area clean. Do not apply makeup, oils, lotions or deodorant to the treatment area for at least 24 hours. If any small scabs should appear, do not scrub or remove them. These must heal thoroughly and without interference.

Blot the area lightly with an antiseptic such as Sea Breeze, MRX, Bactine, or Witch Hazel. Do this 3-4 times per day for three days. If needed you may use Epsom salt as directed.

Apply 100% Aloe Vera. This will soothe the skin and promote faster healing.

Avoid exposure to the sun. If you must be in the sun and can't completely shade the area with clothing or a hat, use a sun block of at least SPF #30.

After application of sun block, be sure to cleanse the skin thoroughly, but gently, when you come in from the sun. Use a skin cleanser such as Phisoderm, Cetaphil or Neutrogena.

To avoid skin-on-skin friction in and around the bikini line and underarms, after cleansing the area as instructed above, you may apply an antiseptic powder such as Gold Bond or Medicated Baby Powder.

If pustules appear, apply hydrogen peroxide to the affected area at least three times during the first 24 hours.

For clients with folliculitis, apply warm water and Epsom salt compresses to relieve the discomfort and extract inflammation.

Hot tubs, saunas or swimming pools should be avoided for two to four days following treatment.

Please call if you have any questions regarding your treatment or these home care instructions



Quality work at a fair price

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