Sarah Silverman Got Waxed for the First Time—and Her Reaction Will Make You Cringe

The comedian filmed her first (and last!) bikini wax experience in five hilarious parts.

By **Korin Miller**   **Feb 19, 2019**

• *Comedian Sarah Silverman filmed her reaction to getting a bikini wax for the first time on Instagram, saying it was also her last time.*

• *While Silverman is clearly in pain, she jokingly admits "You know what? That was not bad" and continues with the process.*

• *Board-certified dermatologists explain why getting a wax is so painful and what you can do to make the process a little easier.*

Getting waxed is one of those experiences that you know upfront is going to hurt. Still, plenty of people love the results, so it's natural to at least be curious about it.

Comedian Sarah Silverman decided to get waxed for the first time at age 48, and she swears in a new Instagram post that she's never going to do it again. "'I Got Waxed For The First/Last Time' (in five parts)," she captioned several videos of herself getting waxed in what seems to be various stages of intense pain.

In the beginning, Silverman seems to be trying to convince herself that the process won't be that bad by saying that feelings are just messages being sent to her brain. She suddenly has to catch her breath, says "here we go," and then has a shocked expression after the technician does the first strip. Still, in the next video she says "You know what? That was not bad," before looking pained again.

The next video shows Silverman holding her fist to her mouth, looking like she's ready to bolt out of there. And finally, when the technician announces that it's time to "do your butt now," Sarah tells the person shooting video to stop filming.

Why does getting a bikini wax hurt so much?

There are a few things going on here. For starters, the skin around your groin is really sensitive, says Gary Goldenberg, MD, assistant clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai Hospital. "Therefore any trauma or manipulation can cause pain and discomfort," he says.

Your hairs are firmly attached to the follicles (the sheath of cells that surround the root of the hair), and those are surrounded by nerve endings, says Joshua Zeichner, MD, a New York City–based board-certified dermatologist. Ripping your hair out irritates those nerves and causes pain.

Not only that, the hair that grows down there is also thicker than it is in other areas of your body. As a result, "it hurts more to remove," Dr. Goldenberg says.

So, what can you do to make getting waxed less painful?

You can take a non-steroidal anti-inflammatory drug (NSAID) like aspirin or ibuprofen ahead of time, Dr. Goldenberg says. This won't make the whole experience pain-free, but it could help take the edge off a little.

If your technician happens to have ice handy, icing down the area before and after "really helps," Dr. Goldenberg says. It can help both numb the area ahead of time, and help take down some of the inflammation afterward.

Or, if you'd rather, having a glass of wine can also help a bit—or, at least, make you feel a little more relaxed while you're having hair ripped out of your body, says Dr. Zeichner.

Unfortunately, this isn't something that your skin gets used to the more you do it. That's why Dr. Goldenberg recommends laser hair removal if you like the idea of below-the-belt grooming, but can't stomach the thought of having your hair ripped out in strips. "Even if the hair isn't completely removed, it will get thinner with every treatment and that may make it less painful to wax," Dr. Goldenberg says.

Dr. Zeichner agrees: "The thicker the hair, the more deeply rooted it is in the follicles and likely the more painful it is to remove," he says. "With repeated waxing on a regular schedule, pain may be less as the new hairs are small."

Of course, there's no reason to wax, shave, pluck or laser down there if it's not your thing. It's ultimately your decision.