



Pre / post – treatment care instructions

DERMAPLANING

PRE TREATMENT INSTRUCTIONS

Please let your skincare specialist know if you are on any medications (topical and/or oral), have any medical conditions, or treated by a physician for any conditions. Let your skincare specialist know if you have been diagnosed with cold sores or Herpes simplex. No shaving, peels, waxing, or aggressive exfoliation one week before Dermaplaning treatments. NO AHA or GLYCOLIC products in the past 48-72 hours, NO Retin-A, Renova, or hydroquinone products 7 days prior. You should wait 7 days after receiving Botox or Dermal Fillers to receive Dermaplaning treatments.

DURING PROCEDURE

There is no pain or discomfort during the Dermaplaning procedure. During your appointment, allow your head and face to relax while your skincare specialist manipulates your position. Try to remain still. No gum chewing and talking will be restricted at key times of service.

POST TREATMENT INSTRUCTIONS

Post-treatment, use a gentle cleanser and apply moisturizer at least twice daily for a minimum of 7 days. Avoid sun exposure as much as possible for a minimum of 3 days. Apply SPF 30 or greater daily for 2 weeks if you must be in the sun. Re-apply often and wear a wide-brimmed hat while continuously seeking shade. Avoid excessive heat for 3 days. This includes heavy workouts, steam rooms or saunas, etc. Avoid chlorine for 24 hours, facial waxing for 7 days, and Dermal Fillers, or Botox for 2 to 4 weeks based on area. Do not pick, scratch, or aggressively rub the treated area. No scrubs, polishes, or aggressive brushes should be used for 7 to 14 days. Apply serum as absorption levels will be elevated. You may experience slight peeling for the first few days. Slight windburn sensation and/or blotchiness are normal for the first few days. For the first two days, skincare products may tingle or slightly burn. For best results, Dermaplaning treatments are recommended for an initial 3-6 treatment series and then 4-6 weeks maintenance.