

Dermaplaining Pre and Post Treatment Instructions

Dermaplaning is an excellent anti-aging treatment that provides immediate and cumulative results with each service you receive.

Dermaplaning is a physical exfoliation that has removed dead skin cells and vellus hair from the surface of your skin. Your face should feel softer than ever and look brighter and more youthful.

Contraindications- Botox or Fillers wait a week, Retin-A wait 5 days, Diabetes, Cancer, Accutane, Blood Thinners, High doses of Aspirin, Acne grade 3 or higher, Cold Sores and Sunburn or Wind burned skin.

Be sure to take care of your skin following dermaplaning or other anti-aging treatments. Following these instructions will maintain your results longer, and help you avoid complications.

- **Cleanse**-Use gentle cleanser, warm water not hot, no abrasive cloths or cleansers for 24-48 hours.
- **Tone**-Hydrating and brightening toners applied will penetrate deeper in skin.
- **Serums**-Active ingredients in serums will penetrate deeper and you will see quicker results. Please no retin-a 5 days pre and post dermaplaning. Darker skin tones use brightening serum to reduce the risk of PIH.
- **Moisturizer**- Choose a hydrating moisturizer and use twice daily. It's common for the skin to feel tight. This will only last for a short time.
- **SPF**- Your skin is more vulnerable to UV rays. Spf is essential to protect your skin. Even on cloudy days!!
- **Makeup**- Makeup can be irritating to skin. Make sure your brushes are clean to minimize risks of contact dermatitis.

Do- Avoid sun exposure as much as possible. Apply spf every 2 hours if spending time in sun.

Do- Delay exposure to excessive heat, heavy workouts, steam rooms and saunas for 24-48 hours post treatment.

Do- Wait 7 days before waxing. Waxing may be done prior to dermaplaning.

Do- Schedule appointments every 4 weeks for optimal results.

Do- Call esthetician with any concerns or complications.

Do- Enjoy your new look!!