

## **Dermaplane Aftercare**

The skin has been deep cleansed, stimulated and nourished. No after care is needed except to leave it alone. Avoid picking, squeezing pimples or touching area.

So not apply makeup or spray tan for 8 hours post treatment

Avoid any further over stimulation and heat treatments for 12 hours post treatment

Avoid heavily perfumed products

No depilation ( hair removal) should take place post dermaplane

No sun beds

No sauna/steam

No direct sunlight

No excess gym/ sweating

Sun screan with spf of min 50 for 3 days post treatment

Clean makeup brushes

Change pillow cases

Clean mobile phone surface with antibacterial wipe