



DERMAPLANE PRE-CARE

AVOID HARSH EXFOLIATION
48-72 HOURS BEFORE.

DO NOT WAX ON THE
TREATMENT AREA FOR AT
LEAST 48-72 HOURS PRIOR.

CONSULT WITH YOUR
DERMATOLOGIST OR
PRACTITIONER IF YOU HAVE
ANY SKIN CONDITIONS TO
SEE IF DERMAPLANING IS
SUITABLE FOR YOU.

AVOID USING 3-5 DAYS
BEFORE:

RETIN-A/RETINOL-BASED
PRODUCTS

ALPHA HYDROXY ACIDS
(AHAS)

EX. GLYCOLIC ACID

BETA HYDROXY ACIDS
(BHAS)

EX. SALICYLIC ACID



DERMAPLANE AFTERCARE

AVOID HARSH SKINCARE PRODUCTS FOR AT LEAST 72 HOURS POST-TREATMENT, **SIMPLE**

SKINCARE ROUTINE:

USE A GENTLE MOISTURIZER AS NEEDED
CLEANSE SKIN WITH A GENTLE CLEANSER
PAT SKIN DRY

APPLY SUNSCREEN SPF 30+

AVOID SWEATING, HOT SHOWERS, POOLS,
SAUNAS, STEAM ROOMS 24-48 HOURS &
TANNING FOR ATLEAST 1-2 WEEKS.

AVOID TOUCHING, RUBBING, SCRATCHING,
AND PICKING THE SKIN. INCREASES THE
CHANCE OF SPREADING DIRT AND
BACTERIA.

AVOID APPLYING MAKEUP FOR AT LEAST 24
HOURS.

DRINK PLENTY OF WATER TO STAY
HYDRATED.

AFTER DERMAPLANING, WAIT AT LEAST 7
DAYS BEFORE UNDERGOING ANY OTHER
TREATMENTS, SUCH AS FACIAL WAXING,
CHEMICAL PEELS, MICRONEEDLING, OR
LASER PROCEDURES.

DERMAPLANE **EVERY 4-6 WEEKS** FOR
DESIRED RESULTS. REPEATED TREATMENTS
HELP IMPROVE SKIN TEXTURE AND
APPEARANCE OVER TIME.