

DERMAPLANE PRE AND POST-CARE

Pre-Care Instructions:

- Must be off Accutane 12 months prior to treatment, and provide a doctors note
- Discontinue any products containing exfoliants (Retin-A, Retinol, Tretinoin, Vitamin A, Benzoyl Peroxide, Glycolic Acid, Salicylic Acids, AHA's) 7 days prior to treatment.
- Avoid scrubs and bleaching creams for 7 days before treatment.
- Avoid waxing, tweezing, or depilatory creams on face for 7 days prior to appointment.
- Avoid blood thinners for 5 days prior to appointment. If you are taking prescription blood thinners, please call before scheduling.
- Avoid sun exposure, tanning beds, tanning creams, and spray tans for 7 days prior to treatment.
- No resurfacing treatments (lasers, chemical peels, microneedling) for 4 weeks prior to appointment.

Contraindications:

- Uncontrolled diabetes
- Inflamed, active acne
- Skin cancer
- Accutane
- Chemotherapy/radiation treatments
- Dermatitis, eczema, and rosacea
- Sunburn and windburn
- Nickel allergy
- History of keloid formation
- Pregnancy
- Active skin infection
- Recent chemical peels, lasers, or micro-needling
- Blood thinners

Post-Care Instructions:

- You may experience slight redness which should resolve within 24 hours.
- Avoid direct sun exposure for 7 days. If you must be in the sun, apply/reapply a minimum of SPF 30 (preferably SPF 50) every 2 hours, wear a hat, and seek shade.
- Avoid chlorine for at least 7 days.
- Avoid wearing makeup for at least 24 hours post treatment
- Continue to avoid exfoliating agents (retinol, glycolic acid, vitamin A, Benzoyl Peroxide, scrubs, AHA's) for 7 days.
- No excessive heat, heavy workouts, sauna's, hot tubs, or steam treatments for 7 days.
- Avoid exercise for at least 24 hours.
- No facial waxing or depilatory creams for 7 days post treatment.
- Follow a simple/gentle skincare routine (gentle cleanser, hydrating serum & moisturizer) for 7 days post treatment.
- Wear a minimum of SPF 30 everyday
- Wait at least 2 weeks before any other facial services.
- Schedule your appointments 4 weeks apart for optimal results.