

SKIN & LASER

Lytham St Annes

Dermaplaning: Pre-Care, Preparation & Aftercare

Pre-Treatment Care (1–2 Weeks Before)

Proper preparation helps ensure safe treatment and optimal results.

- Avoid sun exposure, tanning beds, and self-tanner for at least 7–10 days prior to treatment.
- Use broad-spectrum SPF 30–50 daily.
- Discontinue retinoids and exfoliating agents (Retin-A, tretinoin, glycolic acid, salicylic acid, benzoyl peroxide) 5–7 days before treatment.
- Avoid chemical peels, microneedling, laser treatments, waxing, or aggressive exfoliation for 7–10 days prior.
- Inform your provider if you have:
 - Active acne, inflamed breakouts, rosacea flare, eczema, or open lesions
 - Extremely sensitive or compromised skin

Day-Of Preparation

On the day of your appointment:

- Arrive with clean, makeup-free skin, no lotion, sunscreen, oils, or perfume.
- Avoid exercise, alcohol, and excessive heat prior to treatment.
- Wear comfortable clothing and avoid tight collars or friction on the face.

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Post-Treatment Aftercare

Mild redness or sensitivity is normal and usually resolves within a few hours.

- Cleanse with a gentle, non-exfoliating cleanser.
- Apply a soothing, hydrating moisturizer or calming serum.
- Avoid touching or scrubbing the treated area.
- No exfoliation or active ingredients (retinoids, acids, vitamin C) for 3–5 days.
- Avoid heat, sweating, saunas, steam rooms, and intense exercise for 24 hours.
- Avoid sun exposure and apply SPF 30–50 daily.
- Makeup may be applied after 24 hours, or sooner if skin is not irritated.

Treatment Plan & Results

Dermplaning can be repeated every 4–6 weeks.

Treatment improves skin smoothness, tone, and product absorption.

Hair does not grow back thicker or darker.