
Dermaplaning



Dermaplaning removes excess fine hairs which are known for trapping the dirt, oil and dead skin cells in your pores that are the main cause of acne and blemishes. Dermaplaning leaves your skin brighter, and healthier giving you that “baby smooth” look and feel. This treatment can be customized and combined with other services and is safe if you are breastfeeding.

Dermaplaning is suitable for all skin types, male and female except those with active pustular acne. Dermaplaning is safe for virtually everyone. However, you should avoid it if you have a tan, sunburn, active acne, a flaring rosacea breakout, or an inflammatory skin condition such as eczema or psoriasis on the face as the procedure can worsen these issues.

Benefits of Dermaplaning

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Is there side effects of Dermaplaning ?

Dermaplaning is a low-risk procedure. Side effects may include slight redness in your face in the hours after getting the treatment. Some people develop whiteheads on their skin in the day or two after dermaplaning. Infection and scarring are rare after dermaplaning, but they do occur.

Does the hair grow back thicker ?

Contrary to what you've been told, dermaplaning will not make your hair grow back thicker or darker. Once your hair begins to grow back, it might feel different because the hair was cut straight across, but it's actually the same texture as it was before and it will grow at the same speed.

Is Dermaplaning the same as shaving?

Dermaplaning, which we could also just call, "shaving your face," because this treatment involves gently pulling a blade along your skin is done by a professional. Dermaplaning, unlike traditional shaving, uses a smaller surgical blade to slough off dead skin cells in addition to removing wispy facial hair, so skin is more even in tone and texture unlike a razor blade or expensive dermaplaning devices that are sold online or department stores, is like shaving. It's a common belief that once you shave your face, you risk thicker and darker regrowth. NO-shaving hair doesn't change its thickness, color or rate of growth. Shaving facial or body hair gives the hair a blunt tip. The tip might feel coarse or "stubby" for a time as it grows out. During this phase, the hair might be more noticeable and perhaps appear darker or thicker — but it's not. Shaving, like it does for any other body part, can cause redness and irritation when done too harshly.

Why you should NOT use at home dermaplaning devices

The most common side effect of dermaplaning includes sensitivity and redness; leaving your skin alone and having a professional treatment will eliminate many problems that may occur. Its always a bad idea to use a derma-blade on areas of skin inflammation such as acne or rosacea - it may irritate these conditions and make them worse. If you have skin tags and other bumps and lumps on your skin, you may risk cutting your skin causing an infection as well as other future problems that may cost you more money rather than save you money and time. This is why treating your skin at home, is not always a good idea. consult your skincare professional prior to using at home devices.

Do's and Don'ts

- Avoid taking blood thinners, ibuprofen, Acetaminophen and pain relievers before a peel, although it may relieve pain temporarily it also thins the blood leaving you prone to bruising and broken capillaries.
- Hold off on using Prescription acne products Retin-A, Renova and all other medication 48 hours prior to and after you peels unless instructed by your skin specialist.
- Avoid sun exposer and sun beds or sauna, steam rooms and jacuzzi for 3-5 days as this will increase your chances of broken capillaries.
- Avoid vigorous exercises, hot yoga and swimming for 48 hours after dermaplaning treatment. If you had a chemical peel avoid vigorous exercises 3-5 days after treatment unless instructed otherwise.
- Do not use any exfoliating products containing AHA's for up to 7 days after Dermaplaning treatment these can irritate the skin.
- Avoid any waxing / epilating for up to 1 to 2 weeks after Microdermabrasion, Dermaplaning, Microneedling, Chemical peels and Laser treatments. Remember you can cause trauma and hyper-pigmentation to your skin.
- If you have had a skin peel you need to wait minimum of 14 days before you can have dermaplaning- Otherwise the two treatments combines together can have harsh effects on the skin. Drink plenty of water to re-hydrate the skin.
- Remember that the new fresh skin that is exposed is delicate- Use sunblock to protect the skin from the harmful rays of the sun. Keep the skin well moisturized, using Epicuren moisturizer day and night - this will avoid any peeling and dryness.
- Keep the skin clean- that means cleanse, tone and moisturize everyday as instructed by your skin care practitioner. Your recommended treatment should be repeated everyday your will attain healthier skin after each and every treatment.