



Client Name:

Dermaplaning After Care

- Do not touch the face immediately after the procedure.
- Do not wash the face or apply any additional products to the skin for 24 hours.
- Aerobic exercise should be avoided until the redness has gone.
- All Heat treatments including hot showers should be avoided for 24 hours.
- Exposure to direct sunlight or UV tanning beds should be avoided for 2 weeks.
- Return for treatment every 4 weeks.
- Use a gentle Cleanser.
- Do not use Retinols or Glycolic or Vitamin A creams for 72 hours.
- Use 100% hyaluronic Acid where possible.
- Cleanse and moisturise with appropriate products in between treatments.
- Apply SPF 30 minimum EVERY day even if its cloudy.
- Discontinue the use of topical retinols and bleaching agents 72 hours before procedure.

Please contact me should you have any queries or concerns on the number below:

07534 363 352

Client Signature:

Date: