



AMAZING SKIN AESTHETICS

6819 Warner Avenue
Huntington Beach, CA 92647
(714) 848-2232

POST-DERMAPLANE CARE INSTRUCTIONS

Congratulations on your treatment! Dermaplaning has just removed 2–3 weeks of dead skin cells and vellus hair ("peach fuzz"), revealing a fresh, glowing complexion. Because your protective skin barrier is temporarily "open," please follow these instructions carefully to ensure optimal healing.

1. Immediate Care (First 24–48 Hours)

- **Hands Off:** Avoid touching, scratching, or picking at your face. Your skin is highly susceptible to bacteria right now.
- **Keep it Cool:** Avoid excessive heat for 48 hours. This includes saunas, steam rooms, hot showers, and vigorous exercise that causes heavy sweating.
- **Avoid Makeup:** We recommend waiting **24 hours** before applying makeup to allow the skin to breathe and avoid clogging newly exfoliated pores. If you must wear makeup, use clean brushes and mineral-based products.
- **Chlorine Warning:** Avoid swimming in chlorinated pools or hot tubs for at least 3 days.

2. Your Skincare Routine

- **Cleansing:** Use a gentle, fragrance-free cleanser and lukewarm water. **Do not scrub.** Pat your skin dry with a fresh, soft towel.
- **Hydration is Key:** Apply a hydrating serum (Hyaluronic Acid is excellent) and a rich, non-comedogenic moisturizer. Your skin will absorb products more deeply now, so use high-quality, nourishing ingredients.
- **Strict Sun Protection:** Your skin is now highly sensitive to UV rays. Apply a broad-spectrum **SPF 30+** daily (even if staying indoors). Avoid direct sun exposure for at least 72 hours to prevent hyperpigmentation.

3. What to Avoid (For 5–7 Days)

To prevent irritation or "burning" of the fresh skin, stop using the following:

- **Retinoids/Retin-A**
- **Alpha/Beta Hydroxy Acids** (Glycolic, Salicylic, Lactic)
- **Exfoliating Scrubs** or motorized cleansing brushes
- **Vitamin C Serums** (unless they are a very low, non-irritating concentration)
- **Other Treatments:** Wait at least 14 days before receiving chemical peels, Botox/fillers, or laser treatments unless otherwise directed.



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4. What to Expect

- **Redness:** Mild redness is normal and typically subsides within 2–4 hours.
- **Dryness:** You may feel slight tightness or experience minor peeling. Increase your moisturizer application to combat this.
- **Breakouts:** Occasionally, "purging" or minor breakouts occur as the skin renews. This is temporary.

WARNING: If you experience extreme swelling, blistering, persistent crusting, or a fever, please contact **Amazing Skin Aesthetics** immediately at **(714) 848-2232** or seek medical attention, as these may be signs of a rare allergic reaction or infection.