

## DERMAPLANE

### **MEDICAL CONTRAINDICATIONS**

- If you have the current conditions, please speak to your esthetician:
- Accutane/Isotretinoin
- Eczema, Dermatitis
- Moderate - Sever Acne
- Rosacea
- Blood thinners / history of bleeding
- High dosage use of Aspirin
- Moderate - Sever Acne
- Cold Sores

### **SKIN PREP:**

- Accutane: Must have stopped using Accutane/Isotretinoin at least 12 months prior.
- IPL/Laser Treatments, Chemical Peels, Waxing: Avoid for 2 weeks before the appointment.
- 7 Days Before: No Botox or fillers. Stop using Tretinoin or Retin-A.
- 3 Days Before: Discontinue other retinols, AHA/BHA, and Benzoyl Peroxide.

### **POST PROCEDURE:**

- Avoid sun exposure and sweating for the first 24 hours.
- Begin using a tyrosinase/melanin suppressant as soon as possible (see below)
- Wait at least 3 days before using Retinol, AHA/BHAs, or benzoyl peroxide; wait 7 days for Tretinoin or Retin-A.

### **THINGS TO NOTE:**

- This is a quick 30-minute appointment.
- It's safe to receive chemical peels, Botox/fillers, and laser treatments immediately after—just inform the provider that you've recently been dermaplaned.
- Wait at least 7 days before waxing.
- Laser Treatments- Please ask your laser technician. We'd suggest at least 4 weeks.
- Dermaplaning can be repeated every 4 weeks