

# Dermaplane

## Pre & Post Care Guidelines

### Medical Contraindications

Please speak with your esthetician if you have any of the following conditions:

- Accutane / Isotretinoin use
- Eczema or dermatitis
- Moderate to severe acne
- Rosacea
- Blood thinners or history of bleeding
- High-dose aspirin use
- Cold sores

### Skin Prep

- Accutane: Must have stopped at least 12 months prior
- IPL/Laser, Chemical Peels, Waxing: Avoid for 2 weeks before appointment
- 7 days before: No Botox or fillers; stop using Prescription Retinoids (Tretinoin/Retin-A)
- 3 days before: Discontinue Actives (see list below)

### Post Procedure Care

- Avoid sun exposure and sweating for the first 24 hours
- Begin using a tyrosinase/melanin suppressant as soon as possible
- Wait at least 3 days before using Actives (see list below)
- Wait 7 days before resuming Prescription Retinoids (Tretinoin/Retin-A)

### Things to Note

- Appointment time: 30 minutes
- Safe to receive chemical peels, Botox/fillers, and laser treatments immediately after — inform your provider that you've recently been dermaplaned
- Wait at least 7 days before waxing
- Laser treatments: Ask your technician; we recommend 4 weeks
- Dermaplaning can be repeated every 4 weeks

### Actives

- Benzoyl Peroxide
- Over-the-counter Retinol/Retinal (Retinoids)
- AHA/BHA (Alpha Hydroxy and Beta Hydroxy Acids)
  - Glycolic Acid
  - Lactic Acid
  - Salicylic Acid
  - Mandalic Acid