 *DermaPlane Pre & Post*

 *Procedure Instructions*

*Pre-Care Instructions (one week before):*

 • Avoid the following procedures: electrolysis, waxing, depilatory creams and laser hair removal and sun exposure

• Cease using any exfoliating products that may be drying or irritating, such as salicylic acid, alpha hydroxy acid and glycolic acid

 • Cease using your Tri-Retinol Complex, Retin-A, Renova®, Differin® (Adapalene 0.1%) or any products containing Retinol, AHA or BHA, or Benzoyl Peroxide.

*Post-treatment Recommendations/Prescriptive Care:*

• Rinse skin gently (with water only) and pat dry/do not rub

• Avoid harsh cleansers or washcloths

• Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as there may be more sensitivity following the treatment

• Do not have any other facial treatment for at least two weeks after

• Daily Skincare Routine:

o When washing your face, use a gentle, approved-cleanser

o Cease the use of exfoliating scrubs for at least one week after

o Use a sunscreen with zinc and avoid direct sunlight for at least one week

o You may resume the regular use of retinol, alpha-hydroxy acid (AHA) products or skin lightening creams after 1 week.

• Warning signs of problems include severe redness, swelling, blistering, ulcers, pain, or signs of infection. Notify us immediately if you see these

*Contraindications:*

 • Patients with active cold sores or warts, wounded, sunburned, excessively sensitive skin, healing problems, dermatitis or inflammatory Rosacea in the area(s) to be treated should be excluded from the Dermaplaning procedure because it could potentially precipitate a flare up or spread the condition

 • Patients with a history of allergies, rashes or other skin reactions may be sensitive to treatment

**\*\*DermaPlane is not recommended if you have taken Accutane within the past year or received chemotherapy or radiation therapy.**