

Dermaplaning Pre and Post Care

WHAT TO EXPECT

- It may take multiple treatments to visualize improvements.
- Improved smoothness, texture, luminescence
- Improved mild photo damaged skin-mottle pigmentation
- Improves acne scarring

CONTRA-INDICATIONS

- Exfoliation is contraindicated for those with active infection of all types, such as herpes simplex virus or flat warts.
- Active acne
- Uncontrolled diabetes
- Eczema, dermatitis
- Skin Cancer
- Vascular lesions
- Oral blood thinner
- Rosacea
- Tattoos - not effective
- Pregnancy

Pre Treatment Instructions

- Please let your skincare specialist know if you are on any medications (topical and/or oral), have any medical conditions, or are being treated by a physician for any conditions.
- Let your skincare specialist know if you have been diagnosed with cold sores or Herpes simplex. No shaving, peels, waxing, or aggressive exfoliations one week prior to Dermaplaning treatments.
- You should wait 7 days after receiving Botox or Dermal Fillers to receive Dermaplaning treatments.

The Procedure There is no pain or discomfort during the Dermaplaning procedure. It is best to relax and allow the skincare specialist to move and manipulate the position of your head and face. Try to remain still. There is no gum chewing allowed during the treatment and talking will be restricted by your skincare specialist at certain key times during the treatment.

POST EXFOLIATION INSTRUCTIONS

- Discontinue use of hydroxyl acids and retinoids following your treatment for approximately 3 days.
- Do not use harsh scrubs or abrasive loofahs following your treatment for at least 3 days.
- Avoid direct sun exposure and wear a sunscreen daily.
- Avoid vigorous activity and hot heat.
- Do not go swimming or put face under water.

- Do not take long hot showers or put face under a hot stream of water.
- Avoid drinking alcohol.
- Avoid surfaces that could irritate your skin i.e. pillows, beards, collared or turtleneck shirts.
- Do not pick or prematurely peel the skin, as this will cause hyper-pigmentation and/or surface scars.
- Wash your face with a gentle, acid free cleanser, tepid water, and avoid topical products that contain alpha or beta hydroxy acids, retinols or Retin A for approximately 72 hours or longer. If irritation occurs after applying the above products, wait a few more days to allow your skin to heal.
- Under no circumstances should you use a product that abrades the skin within that 72- hour period (scrubs), nor should you submerge the treated area in chlorinated pool or hot tub for the next 3 to 5 days
 - Avoid sun exposure as much as possible for a minimum of 3 days post treatment. If you must be in the sun, apply SPF 30 or greater, reapply often, wear a wide brimmed hat, and seek shade when possible. Be careful of sun exposure and wear sunscreen daily for 2 weeks.
 - Avoid excessive heat 3 days post treatment, i.e. heavy workouts, steam rooms or saunas, etc.
- Avoid chlorine for 24 hours.
- Avoid facial waxing for 7 days.
- Avoid Dermal Fillers or Botox for 2 to 4 weeks based on area.
- Do not pick, scratch, or aggressively rub the treated area.
- No scrubs, polishers, or aggressive brushes should be used for 7 to 14 days.
- Do apply serums as absorption levels will be elevated
- You may experience slight peeling for the first few days. Slight windburn sensation and/or blotchiness are normal for the first few days. Skin care products may tingle or slightly burn for the first 2 days.

Contraindications-

Botox or Fillers wait a week, Retin-A wait 5 days, Diabetes, Cancer, Accutane, Blood Thinners, High doses of Aspirin, Acne grade 3 or higher, Cold Sores and Sunburn or Wind burned skin.

Be sure to take care of your skin following dermaplaning or other anti-aging treatments. Following these instructions will maintain your results longer, and help you avoid complications.

- Cleanse-Use gentle cleanser, warm water not hot, no abrasive cloths or cleansers for 24-48 hours.
- Tone-Hydrating and brightening toners applied will penetrate deeper in skin.
- Serums-Active ingredients in serums will penetrate deeper and you will see quicker results. Please no retin-a 5 days pre and post dermaplaning. Darker skin tones use brightening serum to reduce the risk of PIH.
- Moisturizer- Choose a hydrating moisturizer and use twice daily. It's common for the skin to feel tight. This will only last for a short time.

- SPF- Your skin is more vulnerable to UV rays. Spf is essential to protect your skin. Even on cloudy days!!

- Makeup- Makeup can be irritating to skin. Make sure your brushes are clean to minimize risks of contact dermatitis.

Do- Avoid sun exposure as much as possible. Apply spf every 2 hours if spending time in sun.

Do- Delay exposure to excessive heat, heavy workouts, steam rooms and saunas for 24-48 hours post treatment.

Do- Wait 7 days before waxing. Waxing may be done prior to dermaplaning.

Do- Schedule appointments every 4 weeks for optimal results.

Do- Call esthetician with any concerns or complications.

Do- Enjoy your new look!!