



DERMAPLANING TREATMENT:

BEFORE YOUR APPOINTMENT

- We recommend that you avoid the following for at least 1 week before your peel procedure:
 - Electrolysis, Waxing, Depilatory creams, Laser hair removal, and Any exfoliating products.
 - Wait 7 days after receiving Botox or Dermal Fillers to receive Dermaplaning treatments.
- If you have been diagnosed with cold sores or Herpes simplex, you may need preventative medication. This procedure could induce an episode of herpes lesions in patients who have had them previously.

THE DAY OF YOUR APPOINTMENT

- If possible, arrive without creams or make-up on the treatment area. Cleansing products are available for your convenience.
- Allow 30-45 minutes for your appointment depending on the size of the treatment area.
- Pre-treatment photos may be taken.
- 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.

WHAT TO DO AFTER YOUR TREATMENT

- For two days post procedure: Stay cool! Heating internally can cause hyperpigmentation. Do not use hot tubs, steam rooms or saunas. Do not go swimming. Do not use loofahs or other means of exfoliation.
- Avoid sun exposure as much as possible for a minimum of 3 days post treatment. Do not go to a tanning bed for at least two weeks post procedure.
- Avoid facial waxing for 7 days. Avoid Dermal Fillers or Botox for 2 to 4 weeks based on area. Avoid picking, scratching, or aggressively rubbing the treated area.

WHAT TO EXPECT

- 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.

AFTER CARE

- Continue regular **Epionce Cleanser and Renewal Facial** or **Obagi Gentle Cleanser and Hydrate** product for skin type. **Epionce Lytic** or **Obagi Clear** application may be resumed 1 week post procedure, or when the skin is no longer sensitive.
- 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.
- Avoid direct sunlight on the treated area and use a broad spectrum UVA/UVB sunscreen of SPF 30 or greater for 4-6 weeks after your treatment. We recommend the **Obagi Sun Shield Matte** or **Epionce Ultra Shield Lotion**.

MAXIMIZING BENEFITS OF YOUR TREATMENT

- Our Skin Care Specialists will review and compose a simple, customized skin care program for you to begin before your treatment as well as once your skin has healed to maintain the desired results. A quality, daily home skin care regime will ensure that you maximize and maintain the benefits of your treatment.

For any questions or concerns, please call EFC Medspa at (281) 560-3955. In the event of a medical emergency, immediately go to the nearest hospital and/or ER or dial 911.