



Dermaplaning Pre-Information

At JaLaine Aesthetics and Wellness, PLLC, we want to ensure you have the best experience and most effective treatment possible. To receive the best results, please be aware of the following points before your treatment and contact us if you have any questions.

Dermaplaning is a dual-action skin revitalizing treatment that removes dead skin cells and vellus (fine) hair from the surface of your skin. This form of exfoliation smooths the skin and allows for the active ingredients in skincare products to penetrate deeper into the skin, furthering their anti-aging benefits. The dermaplaning treatment involves the use of a sterile, disposable surgical blade to remove the dead skin cells and vellus hair from the surface of your skin. Please note this procedure is purely elective, the results may vary with each individual treatment, multiple treatments may be necessary to achieve optimal results, and no guarantees of individual results can be made. The goal of this treatment, as in any cosmetic procedure, is improvement, not perfection.

Pre-Treatment:

Neurotoxins (such as Botox, Dysport, or similar products) and/ or fillers should be administered posttreatment, or a minimum of 2 weeks before your treatment for neurotoxins and 4 weeks prior for fillers.

Do not use any products containing Retin-A, retinol (or other active ingredients) 3-5 days prior to treatment to prevent any irritation

Must not have taken Accutane for a minimum of 6 months

Must agree to wear a minimum SPF 30+ physical (mineral) sunblock daily (SPF 50 preferred) as your skin will be more photo-sensitive after dermaplaning

Dermaplaning is safe to have during pregnancy

Post Treatment:

Redness may be apparent immediately after and gradually subsides shortly after treatment.

Skin will be more photosensitive after your treatment and a minimum SPF 30 physical sunblock (SPF 50 preferred) should be applied daily and reapplied as necessary.

Do not use loofas or other exfoliating devices and products for a minimum of 3 days after your treatment to avoid causing irritation.

Do not use any products containing active ingredients such as Retin-A, retinol, glycolic or salicylics for 3 to 5 days following treatment, as they may cause irritation.

DO NOT PICK the area. Avoid picking and scratching the treated area to achieve best results and to prevent skin from scarring.

Makeup may be used after the treatment. It is recommended to use mineral makeup to reduce clogging of the pores and prevent any further irritation

Potential and sometimes common side effects that may occur with Dermaplaning:

Possible irritation of the skin

Vellus hair will not be 100% removed

The surface of the skin may feel more oily than usual for a few days following treatment

Allergic reaction to the nickel in the blade

May experience a minor breakout after the treatment

Nicks/cuts to the skin

Complications and adverse reactions, although rare, that may occur with Dermaplaning include:

Pustules or pimples may develop in the first few days following treatment

Hyper/hypopigmentation is rare, and generally temporary if occurs

There is an unlikely, but potential risk of allergic reaction to any gel or lotion that may be applied to the skin before or after treatment. Such risks include temporary swelling, itching, and formation of a rash

Histamine/hives: some people may develop raised papules similar to hives, this usually subsides within a few hours

Prolonged skin sensitivity, should be wearing a mineral SPF 30+ sunscreen daily

Potential scarring, though rare

Please contact us via email (kathy@jalaineaesthetics.com) or phone (832-699-1237) with any questions or concerns you may have after your treatment.