



Dermaplaning **AFTERCARE**

Pre Treatment Instructions:

- Please let your skincare specialist know **if you are on any medication** (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, laser treatment, peels, waxing, or aggressive exfoliations one week prior** to Dermaplaning treatments.
- **You should wait 14 days after receiving Botox or Fillers** to receive dermaplaning treatments.

Post Treatment Instructions:

- **No recovery time**, following treatment, you may immediately return to your normal activities.
- **Use a gentle cleanser and apply moisturizer at least twice daily** for a minimum of 7 days post treatment
- **Avoid excessive heat, sun beds, steam rooms/ saunas, sun exposure for a minimum of 3 days post treatment.** If you must be in the sun, apply spf 30 or greater, reapply often, wear a hat, and seek shade when possible.
- **Avoid facial waxing for 7 days.**
- **No scrubs, peels, or aggressive brushes for 7 days.**
- **Be careful when you apply serums** as absorption levels will be elevated.
- **Be sparing with self-tan**, remember absorption levels are elevated.
- You may experience a slight windburn sensation post treatment and skincare **products may tingle slightly**, this is normal for the first few days.
- For best results, **Dermaplaning treatments are recommended every 4-6 weeks.**

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE