

# Dermaplaning Treatment! Dermaplaning is an excellent exfoliating and anti-

Congratulations on your

aging treatment that provides both immediate and cumulative results with each treatment you receive. Dermaplaning is a physical form of exfoliation

that has removed dead skin cells and vellus hair

from the surface of your skin.

Your face should feel softer than ever and look brighter and more youthful.

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 a gentle cleanser and warm, not hot, water.

### Splash water on face.

Do not use abrasive cleansers, wash cloths, Clarisonic, or hot

shower spray for the first 24-48 hours.

Do not use cleansers, serums or spot treatments containing retinol, salicylic acid or Benzoyl Peroxide (BPO) for 5 days

**TONE** Hydrating and brightening toners applied with a cotton round

will penetrate deeper into the skin.

following treatment.

### If you are sensitive, try all products on a small area before

applying full face.

**SERUMS** 

Active ingredients in serums penetrate much better now, so

you'll see quicker results.

Ask your provider about the right serum(s) for your skin.

Please do not use Retin-A for 5 days pre and post

dermaplaning.

For darker skin tones: use a brightening serum to reduce any

risk of Post Inflammatory Hyperpigmentation (PIH).

Ask your provider for recommendations!

Choose a hydrating moisturizer and apply twice daily.

It's common for skin to feel tight but dewy to the touch.

This is good and will only last a short time.

**MOISTURIZER** 

Moisturizer locks in skin's hydration with the added absorption of its active ingredients.

any risk of PIH.

SPF

Your skin is more vulnerable to UV rays after exfoliation.

SPF is essential to protect your skin - even on cloudy days

when UVA (aging) rays are present.

For darker skin tones: use a 1% hydrocortisone cream for 5

days following treatment to calm inflammation and reduce

MAKEUP Makeup can irritate skin after dermaplaning.

Bacteria, alcohols, colorants and fragrance are all irritants

that can cause contact dermatitis.

Be sure to clean your makeup brushes, replace your sponges

and apply clean (new) makeup to minimize risks.

We recommend mineral makeup for its purity and non-

comedogenic properties.

DERMAPLANE

DO'S & DON'TS

# reapply SPF every 2

hours, wear a hat and seek shade.

DO

Avoid sun exposure as

much as possible.

If you must be in the

sun, apply and

**DON'T** Forget to call your provider with both compliments and

# concerns!

DO Schedule your appointments 4

weeks apart to

optimize results.

DO Wait 7 days before having any facial waxing done. Waxing may be done prior to dermaplaning.

**DON'T** 

Expose yourself to

excessive heat, heavy

workouts, steam

rooms and saunas for

24-48 hours post

treatment.

Your provider will only dermaplane up to the waxing border so as not to over stress your skin.

# **DON'T**

Forget to enjoy your new look!