



## Post Treatment Instructions for Dermaplaning

Congratulations on your dermaplaning treatment! Dermaplaning is an excellent anti-aging treatment that provides both immediate and cumulative results with each facial 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 following treatment.

**Tone:** Hydrating and brightening toners applied with a cotton round will penetrate deeper into the skin. 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 esthetician 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 PIH. Ask your esthetician for recommendations.

**Moisturizer:** 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 locks in skin's hydration with the added absorption of its active ingredients. For darker skin tones: use a 1% hydrocortisone cream for 5 days following treatment to calm inflammation and reduce 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.

**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.

**DO:** Avoid sun exposure as much as possible. If you must be in the sun, apply and reapply SPF every 2 hours, wear a hat and seek shade.

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

**DO:** Wait 7 days before having any facial waxing done. Waxing may be done prior to dermaplaning. The esthetician will only dermaplane up to the waxing border so as not to over stress your skin.

**DO:** Schedule your appointments 4 weeks apart to optimize results.