

Dermaplaning Pre & Post Care

Dermaplaning is a procedure in which your provider uses a special instrument to shave away the uppermost layers of your skin. Dermaplaning can help reduce the appearance of skin imperfections by revealing newer, undamaged skin.

Pre-Treatment

- Avoid applying products containing exfoliating agents (retinoic acid, retinol, tretinoin,benzoyl peroxide, glycolic acid, salicylic acid, astringents, toner, etc.) for at least 24 hours.
- Avoid sun exposure for at least 48 hours before and after treatment.
- Your skin will be more sun sensitive after dermaplaning. Apply sunscreen, wear a hat, and seek shade if possible when outdoors 48 hours after treatment
- Avoid excessive sweating and heat (such as steam rooms, saunas, and heavy workouts) for at least 24 hours.

Post-Treatment

- Avoid chlorine for 24 hours post-treatment.
- Avoid facial waxing for 1-week post-treatment.
- Do not receive any form of mechanical exfoliation (Microdermabrasion, Dermaplaning, or Microneedling) for 1 month after treatment.
- Avoid facial laser services, fillers, and neuromodulator injections (Botox, Dysport, etc.) for 2-4 weeks post treatment. Remember that product absorption levels will be elevated after your dermaplane.
- Slight windburn sensation and/or blotchiness are normal in the first few days. Some skincare products may tingle or slightly burn for the first few days.
- It is possible to experience post-dermaplane breakouts. Contact your Aesthetician if breakouts continue after 1 week.

Date *

MM/DD/YYYY

Signature *