



## **Dermaplaning Pre and Post Instructions**

### **Before Dermaplaning Treatment**

#### ***WHAT TO EXPECT***

- Improved smoothness, texture and luminescence
- Improved mild photo damaged skin-mottle pigmentation
- Improves acne scarring

#### ***EXFOLIATION IS NOT RECOMMENDED FOR PEOPLE WITH THE FOLLOWING CONDITIONS:***

- Any active infections, such as herpes
- Active acne
- Eczema, dermatitis
- Skin Cancer
- Vascular lesions
- Oral blood thinner
- Rosacea
- Tattoos - not effective
- Women who are pregnant

### **After Dermaplaning Treatment**

#### ***POST EXFOLIATION INSTRUCTIONS***

- Discontinue use of hydroxyl acids and retinols following your treatment for approximately 3 days.
- Do not use harsh scrubs or abrasive loofahs following your treatment for at least 3 days.
- Avoid direct sun exposure and wear a sunscreen daily.
- Avoid vigorous activity and extreme heat.
- Do not go swimming or put face under water.
- Do not take long hot showers or put face under a hot stream of water.
- Avoid surfaces that could irritate your skin (i.e. pillows, beads, collared or turtleneck shirts).
- Do not pick or prematurely peel the skin, as this will cause hyperpigmentation and/or surface scars.
- If you have any questions or concerns contact our office.