

PRE AND POST CARE INSTRUCTIONS – DERMAPLANNING

Pre-Care Instructions:

- Avoid use of Accutane for 12 months prior to treatment.
- Avoid shaving, peels, waxing, or aggressive exfoliations one week prior to Dermaplaning treatments.
- Wait 7 days after receiving Botox or Dermal Fillers to receive Dermaplaning treatments.
- Let your skincare specialist know if you are on any medications (topical and/or oral), have any medical conditions, or are being treated by a physician for any conditions.
- If you have been diagnosed with cold sores or Herpes simplex, you may need preventative medication. This procedure could induce an episode of herpes lesions in patients who have had them previously.
- **Treatment Day:** There is no pain or discomfort during the Dermaplaning procedure. It is best to relax and allow the skincare specialist to move and manipulate the position of your head and face. Try to remain still. There is no gum chewing allowed during the treatment and talking will be restricted by your skincare specialist at certain key times during the treatment.

Contraindications:

Although it is impossible to list every potential risk and complication, the following conditions are recognized as contraindications for dermaplaning treatment and must be disclosed prior to treatment. This treatment is recommended for all skin types with the exception of those who have/ suffer from: acne, have active cold sores, flat warts, tattoos, skin cancer and flare up of eczema, dermatitis, hemophilia, rosacea, scleroderma impetigo, sunburn, raised/vascular lesions, telangiectasia/erythema, uncontrolled diabetes, history of hypertrophic scarring or keloid formation, clients who have thick dark facial hair, pregnant, undergoing chemotherapy or radiation, hormonal therapy. Clients who actively take Accutane or have used it within the last 12 months are unable to receive this treatment. Clients who have recently had a chemical exfoliation or recent used topical agents such as glycolic acids, alpha-hydroxy acids and Retin-A must wait the recommended time frame before being treated.

Post-Care Instructions:

- Wash your face with a gentle, acid free cleanser, tepid water, and avoid topical products that contain alpha or beta hydroxy acids, retinols or Retin A for approximately 72 hours or longer.
- If irritation occurs after applying the above products, wait a few more days to allow your skin to heal.
- Under no circumstances should you use a product that abrades the skin within that 72 hour period (scrubs), nor should you submerge the treated area in chlorinated pool or hot tub for the next 3 to 5 days.
- Avoid sun exposure as much as possible for a minimum of 3 days post treatment. If you must be in the sun, apply SPF 30 or greater, reapply often, wear a wide brimmed hat, and seek shade when possible. Be careful of sun exposure and wear sunscreen daily for 2 weeks.
- Avoid excessive heat 3 days post treatment, i.e. heavy workouts, steam rooms or saunas, etc.
- Avoid chlorine for 24 hours.
- Avoid facial waxing for 7 days.
- Avoid Dermal Fillers or Botox for 2 to 4 weeks based on area.
- Avoid picking, scratching, or aggressively rubbing the treated area.
- Avoid physical exfoliators, polishers, or aggressive brushes should be used for 7 to 14 days.
- Do apply serums as absorption levels will be elevated
- You may experience slight peeling for the first few days. Slight windburn sensation and/or blotchiness are normal for the first few days. Skin care products may tingle or slightly burn for the first 2 days.