



DERMAPLANING PRE AND POST INSTRUCTIONS

Pre Treatment:

- Wait 1 week after Botox or Filler injections
- Stop Retin-A 5 days pre-treatment
- Wait 14 days post chemical peel, laser treatment and IPL
- For clients prone to Post Inflammatory Hyperpigmentation (PIH), treat with melanin suppressants
- Not suitable for Accutane use within the last 12 months, blood thinner use, high frequency of aspirin use, cystic acne and acne above grade 3, and high anxiety patients
- Reschedule if you are experiencing cold sores, sunburn or windburn skin
- Diabetic patients must be under control by diet or medication
- Cancer patients need doctor approval

Post Treatment:

- Use a gentle cleanser for the first 24-48 hours. Do not use abrasive cleansers, wash cloths, skin brushes, retinol, salicylic acid or benzoyl peroxide for 5 days following treatment
- No Retin-A use for 5 days post treatment
- Use a hydrating moisturizer twice daily. It is common for skin to feel tight after the treatment. For darker skin tones, use a 1% hydrocortisone treatment for 5 days to control PIH
- SPF is essential to protect your skin, use SPF daily and avoid sun exposure as much as possible
- Makeup can irritate skin after dermaplaning. Be sure to clean makeup brushes and replace sponges. Wait 24 hours to apply makeup
- Avoid exposure to excessive heat, heavy workouts, steam rooms and saunas for 48 hours post treatment
- Wait 7 days before facial waxing
- Schedule your next appointment for 4 weeks apart to optimize your results