

Dermaplaning

pre care

- **Avoid Sun Exposure:** Limit sun exposure for at least one week before the treatment. Sunburned or tanned skin can be more sensitive and prone to complications.
- **Discontinue Exfoliants:** Refrain from using abrasive exfoliants, chemical peels, or retinoids for at least one week before the appointment. These products can increase skin sensitivity including Retinol
- **No Waxing or Hair Removal:** Do not wax, tweeze, or use depilatory creams on the treatment area for at least two weeks before dermaplaning.
- **Skin Conditions:** Inform your esthetician of any skin conditions, allergies, or medications you are currently using especially blood thinners
- **Clean Skin:** Arrive with clean skin, free from makeup, oils, and moisturizers. Your esthetician will cleanse your skin again before the treatment.
- **Avoid Alcohol:** Avoid consuming alcohol or aspirin for at least 24 hours before the procedure, as they can thin the blood and increase the risk of bruising.
- **Stay Hydrated:** Drink plenty of water in the days leading up to the treatment to keep your skin hydrated.

post care

- **Sun Protection:** Apply a broad-spectrum sunscreen with SPF 30 or higher daily, even on cloudy days. Protect your skin from sun exposure for at least one week after the treatment.
- **Avoid Sunbathing:** Steer clear of tanning beds and prolonged sun exposure, as your skin is more susceptible to damage immediately following dermaplaning.
- **Gentle Cleansing:** Cleanse your face gently with a mild, non-abrasive cleanser for the first few days after the treatment. Avoid scrubbing or using harsh products.
- **Replace your pillow case** with a clean one after any facial treatment to avoid any bacteria getting onto the skin causing irritation
- **No Exfoliation:** Refrain from using exfoliants, scrubs, or harsh toners for at least one week after dermaplaning including Retinols
- **Avoid Makeup:** Avoid applying makeup for at least 24 hours after the treatment to allow your skin to heal.
- **Moisturize:** Use a hydrating and non-comedogenic moisturizer to keep your skin hydrated.
- **Minimal Touching:** Avoid touching or picking at your skin, as it can introduce bacteria and lead to breakouts or infections.
- **Stay Hydrated:** Continue drinking plenty of water to maintain skin hydration.
- **Follow Esthetician's Recommendations:** Your esthetician may provide specific post-care products or advice. Follow their recommendations for the best results.
- **Follow-Up Appointments:** Depending on your skin goals, your esthetician may recommend regular dermaplaning sessions. Follow the recommended schedule for ongoing benefits.