



## DERMAPLANING

### PRE-TREATMENT INFORMATION

Dermaplaning is a form of manual exfoliation similar in theory to microdermabrasion but without the use of suction or abrasive crystals. An esthetician grade, sterile blade is stroked along the skin at an angle to gently "shave off" dead skin cells from the epidermis. Dermaplaning also temporarily removes the fine vellus hair of the face, leaving a very smooth surface.

As with any type of exfoliation, the removal of dead skin cells allows home care products to be more effective, reduces the appearance of fine lines, evens skin tone and assists in reducing milia, closed and open comedones, and minor breakouts associated with congested pores.

Dermaplaning can be an effective exfoliation method for clients that have couperose (tiny blood vessels near the surface of the skin), sensitive skin or allergies that prevent the use of microdermabrasion or chemical peels.

#### PRE-TREATMENT INSTRUCTIONS:

Please 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.

Let your skincare specialist know if you have been diagnosed with cold sores or Herpes simplex.

No shaving, peels, waxing, or aggressive exfoliations one week prior to Dermaplaning treatments.

You should wait 10 days after receiving Botox or Dermal Fillers to receive Dermaplaning treatments.

#### DURING THE PROCEDURE:

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.

If Dermaplaning is not going to work for you, you will be informed before, or during your session and an alternative treatment may be recommended.

If Dermaplaning is not contraindicated, maximum results are obtained by participating in a series of treatments this includes following your home care regimen



## DERMAPLANING

### POST-TREATMENT INFORMATION

#### AFTER TREATMENT:

Aerobic exercise or vigorous physical activity should be avoided until all redness has subsided.

Direct sunlight exposure is to be completely avoided immediately following the treatment (including any strong UV light exposure or tanning beds) for at least 3 days.

Although SPF 30+ should already be a part of your daily skin care, after Dermaplaning, SPF 30+ must be applied daily to the treated area for a minimum of two weeks.

Twice daily cleanse the treated area with a post- treatment cleanser, (cool water during rinsing is highly advised) followed by a serum or treatment cream and follow with SPF 30+ sunscreen.

Do not pick at skin.

Please avoid chlorine for 24 hours.

Avoid facial waxing for 7 days and avoid Derma Fillers and/or Botox for 2 to 4 weeks.

Scrubs, polishers, or aggressive brushes should be avoided for 7 to 14 days. Do not use any products that contain aggressive ingredients like Retinol or harsh acids.

You might experience slight peeling for the first few days. You may feel a slight windburn sensation and/or blotchiness for the first few days. Skin care products may tingle and/or slightly burn for the first 2 days.

For best results, Dermaplaning treatments are recommended every 3 - 5 weeks.

Please contact your Skin Care Professional with any post-Dermaplaning questions or concerns you may have.

#### RECOMMENDED PRODUCTS:

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