

DERMAPLANING

PRE AND POST CARE

In Dermaplaning, dead skin cells and fine facial hair are removed without damaging the skin. This procedure leaves the skin smoother and more radiant. The process involves gently scraping off the top layer of skin with a sterile surgical scalpel, revealing fresh, healthy skin underneath. The procedure is available for all variations of skin types, eliminating hyperpigmentation, acne scars, and fine lines, making it a popular choice for facial rejuvenation.

Results from dermaplaning are immediate, leaving the skin softer, brighter, and more receptive to skincare products. Schedule regular treatments every four to six weeks to maintain optimal results.

Following the pre- and post-care instructions is essential for maximizing the benefits of your dermaplaning treatment and minimizing the risk of irritation or complications. If you have any concerns or experience unexpected side effects, please get in touch with our clinic for further assistance.

Pre-Treatment Care

- **Avoid sun exposure:** One week before your procedure, avoid tanning or excessive sun exposure.
- **Discontinue certain skincare products:** Stop using retinoids, exfoliants, and harsh chemicals at least five days before your appointment.
- **Stay hydrated:** Maintain your skin's hydration in the days before your treatment by drinking plenty of water.
- **Avoid facial waxing:** Do not wax or use hair removal creams on your face for at least one week before your dermaplaning session.
- **Clean skin:** Arrive at your appointment with a freshly cleansed face, free of makeup, creams, or lotions.

Post-Treatment Care

After your dermaplaning session, follow these post-care guidelines to promote healing and enhance the results:

- **Moisturize frequently:** Apply a gentle, hydrating moisturizer to soothe your skin and prevent dryness.
- **Avoid direct sun exposure:** Protect your skin by staying out of the sun for at least two weeks post-treatment. Use a broad-spectrum sunscreen daily to shield the treated area from UV damage.
- **Skip makeup:** Refrain from applying makeup for at least 24 hours to avoid clogging your pores.
- **Avoid exfoliation:** One week after treatment, avoid using scrubs, peels, or any products with harsh ingredients like retinoids or acids.
- **Stay away from heat:** Avoid hot showers, saunas, or strenuous exercise for 48 hours to reduce the risk of irritation and inflammation.
- **Use a gentle cleanser:** To maintain the health of your newly exfoliated skin, cleanse your face with a mild, non-abrasive cleanser.
- **Avoid touching your face:** Refrain from touching or picking at your skin to prevent infection or irritation.
- **Stay elevated:** Sleep with your head slightly elevated for the first night to reduce any minor swelling.

If you have any questions regarding your pre- or post-treatment care for dermaplaning, please do not hesitate to contact our office. We are here to help you achieve the best possible results from your treatment.