



PRE- AND POST- TREATMENT INSTRUCTIONS FOR DERMAPLANING

What is Dermaplaning?

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.

Due to the contours of the face, certain areas of the face (such as the eyelids and nose) are not treatable using this method.

What should you expect during your treatment?

Your esthetician, will perform a thorough skin analysis prior to your first dermaplaning.

If dermaplaning is not appropriate, you will be informed during this session and an alternative treatment may be recommended instead.

If dermaplaning is not contraindicated, maximum results are obtained by participating in a series of treatments plus following a home care regimen.

We need to review your current daily regimen and skin care products, advise you on which products you should continue to use, and recommend any additional products or changes to your regimen to enhance your desired outcome.

We take every precaution to ensure that your skin is well hydrated and calm following each session. However, you may experience excessive dryness or even some peeling between sessions, which may or may not be normal. Always contact us if you have any concerns.

More sensitive skin may experience some redness after the first couple of sessions. This normally goes away after 2 to 3 hours. Dermaplaning may cause minor superficial abrasions which may not appear until a day or two following your treatment. If this should occur, please contact us so that we can do a post-treatment follow up with you.

After your treatment, SPF 30+ MUST be worn at all times. Tanning beds should never be used. You are making an investment in your skin: therefore, it is to your benefit to continue to protect it long after your series of treatments is completed.

Guarantees:

The majority of my clients receive noticeable, satisfactory to above average results with a series of treatments and a commitment to a daily skin care regimen. However, this outcome cannot be guaranteed as maximum results are highly dependent on age, cumulative sun exposure, health, lifestyle, genetic traits, general skin condition, and willingness to follow recommended protocols. Be aware that many changes may occur deeper within the skin over time. To continue the maintenance of your skin after you complete your treatment(s), we may inform you of long term age management program.

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.

- Active acne
- Active infection of any type, such as herpes simplex or flat warts.
- Any raised lesions
- Any recent chemical peel procedure
- Chemotherapy or radiation
- Eczema or dermatitis
- Family history of hypertrophic scarring or keloid formation
- Hemophilia
- Hormonal therapy that produces thick pigmentation
- Moles
- Oral blood thinner medications
- Pregnancy
- Recent use of topical agents such as glycolic acids, alpha-hydroxy acids and Retin-A
- Rosacea
- Scleroderma
- Skin Cancer
- Sunburn
- Tattoos
- Telangiectasia/erythema may be worsened or brought out by exfoliation
- Thick, dark facial hair
- Uncontrolled diabetes
- Use of Accutane within the last year
- Vascular lesions

Pre-Treatment:

- It is recommended that all patients having dermaplaning treatments done around the mouth have an oral antiviral agent to prevent any cold sore virus getting into the treated areas. Valtrex 500 mg twice a day to start 1 day before treatment and continue on for 5 days post treatment (7 days total).
- Please discontinue any products containing active ingredients 7 days prior to treatment, such as: Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipo hydroxy acids) and Benzoyl Peroxide. Avoid hydroquinone for 3 days before your treatment. If you have any questions about your current skin care products, please call our office 312-638-4979
- Please show up to your treatment appointment with no makeup on.
- Avoid sun exposure (including tanning beds) for at least 14 days prior to treatment. Avoid sunless tanning creams or sprays on the treated area for 14 days prior.
- Do not wax or use depilatory creams on the treatment areas for 14 days prior to treatment.
- Avoid Aspirin, Motrin, Ibuprofen, Fish Oils, Vitamin E, and other blood thinners 5-7 days before your treatment. If you are on a prescribed blood thinner, please contact our office at 312-638-4979 Chicago, 224-432-5803 Glenview

Post-Treatment/Home Care

- 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). 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, followed by a serum or treatment cream and follow with SPF 30+ sunscreen.

- If you have additional questions or concerns regarding your treatment or suggested home regimen, you will consult your esthetician immediately.

After Your Treatment:

CLEANSING:

Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after the treatment. Use your hands and gentle patting motions. DO NOT rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area.

MOISTURIZER:

Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. DO NOT apply any other products that were not instructed by your provider - eg. essential oils, coconut oil, etc.

SUNSCREEN:

Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure. Use a physical sunscreen with Broadband UVA and UVB protection and a SPF of 30. Ensure to reapply during sun exposure.

WATCH-OUTS

Avoid scratching and itching, as scarring and pigmentation complications can occur.

TIPS & TRICKS:

- Use soft cloth and soft towels to avoid any scrubbing
- Make-up can typically be worn 24 hours after procedure
- When showering, avoid getting shampoo directly on the treated area. Instead, use mild cleanser.
-

WARNING:

Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever
- Extreme itching
- Avoid strenuous exercise and sweating until after skin has healed

What to Expect

Mild redness is normal and expected.. Redness can persist for up to 24 hours.

What to Do

Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin time to heal and limit further stress on your skin.