

The logo for 'PURE SKIN' is centered within a white square border, which is itself centered within a larger grey square background.

DERMAPLANING BEFORE & AFTERCARE

Dermaplaning is a form of pain-free manual exfoliation. A 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.

BEFORE YOUR DERMAPLANING SERVICE

- Discontinue any manual or chemical exfoliation 3-5 days prior to service.
- Discontinue all Retin-A or retinol products 3-5 days prior to service.
- Avoid direct sun exposure for 5-7 days prior to service.
- Schedule your Botox or filler after your service.
- No facial waxing 1-2 weeks **prior** to service.
- Reschedule your appointment if you have open wounds or acne lesions.

AFTERCARE

- Avoid the use of saunas or steam rooms.
- Do not engage in any strenuous exercise for 24 hours.
- Avoid using any products on your face which contain exfoliating ingredients for 24 hours to avoid irritating your skin any further.
- Do not wear any makeup for 24 hours.

- Do not book in any other harsh exfoliation facial treatments, such as microdermabrasion, until 2 weeks after your dermaplaning service.
- Dermaplaning is a great service to pair with a Polishing Enzyme, Firming Peptide or Oxygen Rx Clarifying Facial.
- Follow a very simple skincare routine for 2 weeks post-treatment. Cleanse your skin gently using very mild cleanser.
- It is important to moisturize your freshly exfoliated skin regularly to rehydrate it. Many patients find that products containing hyaluronic acid, vitamin C and a mild retinol are particularly effective post treatment.
- Do not rub your skin dry, instead pat it gently with a paper towel.
- Avoid using a washcloth as they often harbor bacteria, instead just use your clean fingers to cleanse your face.
- Direct sunlight exposure is to be completely avoided immediately following the treatment (including any strong UV light exposure or tanning beds).
- SPF 30+ **must** be applied daily to the treated area for a minimum of two weeks.

TREATMENT FREQUENCY

- You can receive a dermaplane service as often as once a month.



member
Associated Skin Care Professionals