



Pre and Post Treatment Instructions

Dermaplaning

Pre-Treatment Instructions

- Please let your skincare specialist know if you are on any medications (topical and/or oral)
- 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 7 days after receiving Botox or Dermal Fillers to receive Dermaplaning treatments.

Post-Treatment Instructions

- Use a gentle cleanser and apply moisturizer at least twice daily for a minimum of 7 days post treatment.
- Avoid sun exposure as much as possible for a minimum of 3 days post treatment. If you must be in the sun, apply SPF 30 or greater, reapply often.
- Avoid excessive heat 3 days post treatment, i.e. heavy workouts, steam rooms or saunas, etc.
- Avoid chlorine for 24 hours.
- Avoid facial waxing for 7 days.
- Avoid Dermal Fillers or Botox for 2 to 4 weeks based on area.
- Do not pick, scratch, or aggressively rub the treated area.
- No scrubs, polishers, or aggressive brushes should be used for 7 to 14 days.
- You may experience slight peeling for the first few days. Slight windburn sensation and/or blotchiness are normal for the first few days. Skin care products may tingle or slightly burn for the first 2 days.

Please call our office if you have any additional questions after the procedure.