

# Dermaplaning

## - Client Advice -

### PRE TREATMENT

Please let your skincare specialist know if you are on any medication (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, laser treatment, peels, waxing, or aggressive exfoliations one week prior to Dermaplaning treatments.

You should wait 14 days after receiving botox or dermal fillers to receive Dermaplaning treatments.

#### 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 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.

### POST TREATMENT

- ♥ No recovery time, following treatment, you may immediately return to your normal activities.
- ♥ Use a gentle cleanser and apply moisturizer at least twice daily for a minimum of 7 days post treatment
- ♥ Avoid excessive heat, sun beds, steam rooms/ saunas, sun exposure for a minimum of 3 days post treatment. If you must be in the sun, apply spf 30 or greater, reapply often, wear a hat, and seek shade when possible.
- ♥ Avoid facial waxing for 7 days.
- ♥ No scrubs, peels, or aggressive brushes for 7 days.
- ♥ Do apply serums as absorption levels will be elevated.
- ♥ Be sparing with self-tan, remember absorption levels are elevated.
- ♥ You may experience a slight windburn sensation post treatment and skincare products may tingle slightly, this is normal for the first few days.

**FOR BEST RESULTS DERMAPLANING TREATMENTS ARE RECOMMENDED EVERY 4 - 6 WEEKS**