

Dermaplaning

Pre-Care:

1. Consultation: Schedule a consultation with a licensed skincare professional to discuss your skin concerns, medical history, and whether dermaplaning is suitable for you.
2. Discontinue Certain Products: Discontinue the use of retinoids, alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), and other exfoliating products for a few days before the treatment, as advised by your skincare professional.
3. Inform Your Provider: Inform your skincare professional about any active acne, skin infections, or other skin conditions.
4. Avoid Sun Exposure: Minimize sun exposure in the days leading up to the dermaplaning treatment to reduce the risk of skin irritation.
5. No Recent Chemical Peels: Avoid undergoing chemical peels or other aggressive skincare treatments in the weeks preceding dermaplaning.
6. Stay Hydrated: Ensure you are well-hydrated, as this can contribute to overall skin health and recovery.

Post-Care:

1. Sun Protection: Apply a broad-spectrum sunscreen with a high SPF to protect your freshly exfoliated skin from sun damage. Sunscreen is crucial post-dermaplaning to prevent hyperpigmentation.
2. Avoid Harsh Products: Refrain from using products containing retinoids, AHAs, BHAs, or harsh exfoliants for a few days after dermaplaning. Your skin will be more sensitive, and using such products may cause irritation.
3. Gentle Cleansing: Cleanse your face with a gentle, hydrating cleanser to keep the skin clean without causing irritation.
4. Hydrate the Skin: Hydrate your skin by using a moisturizer suitable for your skin type. This helps maintain the skin's moisture balance.
5. Avoid Sun Exposure: Minimize sun exposure for a few days post-dermaplaning, and continue using sunscreen regularly.
6. Avoid Touching Your Face: Refrain from touching your face with unwashed hands to prevent introducing bacteria to the freshly treated skin.
7. No Waxing or Hair Removal: Avoid waxing or using other hair removal methods on the treated area for a week or so after dermaplaning.
8. Makeup Application: If you wear makeup, wait for a few hours before applying it post-dermaplaning. Use clean brushes or applicators to reduce the risk of infection.
9. Follow-up Appointments: Schedule any recommended follow-up appointments or additional dermaplaning sessions as advised by your skincare professional.