

What to know when getting a Dermaplane treatment

Dermaplane Contraindications:

- skin cancer
- current inflamed acne lesions
- uncontrolled diabetes
- open skin lesions
- dermatitis
- use of prescription Retinoids within a week of treatment
- use of Accutane currently or in the past 6 months

How to prepare for your Dermaplane treatment:

- shower prior to your treatment, as it will be recommended to avoid excessive heat after
- discontinue any manual or chemical exfoliants 3-5 days prior to your treatment (retinoids or vitamin A derivatives, exfoliating serums, enzymes, benzoyl peroxide, salicylic acid, glycolic acid, facial polishes, or scrubs)
- avoid direct sun exposure for 5-7 days prior to your treatment
- schedule botox or filler a minimum of 4 days after your treatment
- schedule facial waxing 1-2 weeks prior to your treatment
- reschedule your appointment if you have open wounds, cold sores, or multiple raised acne lesions. If you're prone to cold sores an antiviral may be recommended pre and post treatment
- wait 6 months after completion of Accutane to receive a dermaplane service
- get excited for your new addiction!

After care of your Dermaplane treatment:

- allow your skin to fully breathe for at least 12 hours. 24 hours is strongly suggested.
- after 24 hours has passed if you must wear makeup, mineral makeup is suggested
- avoid heat, saunas, hot tubs, hot showers, exercising of any kind, sweating, excessive physical activity for 24 hours
- avoid products containing exfoliants (as listed in the pre-care above) for 3-5 days after treatment
- you may resume the rest of your regular skin care routine 24 hours after treatment
- the day of your treatment, leave your skin be for the remainder of the day. the next morning cleanse with a gentle cleanser and make sure to wear sunscreen as always
- enjoy your baby smooth skin!