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Dermaplaning Pre and Post Procedure

Prior to Your Appointment

- You must avoid sun tanning or tanning beds for at least 3 days prior to your treatment. The use of SPF 35-45 is advised, this will also be required after treatment.
- Do not wax the face for at least two weeks prior to treatment.
- Discontinue the use of any Retinol products for at least 3 days prior.
- Use of Accutane (or other products containing isotretinoin) must be discontinued at least 6 months prior to treatment.
- Use of aspirin, ibuprofen or other over the counter anti-inflammatory or blood thinning medications may increase your chances of bruising. Use of prescription blood thinning, may require discontinuation for as much as 2 weeks prior to the treatment.

Day of Appointment

- Do not shave the face or neck the day of your treatment.
- The timing of each patient's appointment is critical. In order for us to keep all patients on schedule we ask that you please be on time for your appointments.

After Your Treatment

- Cold compresses (not ice) and recommended skin care products may be useful to reduce swelling or discomfort. You may take over-the counter pain or anti-inflammatory medication. Hydrocortisone (steroid) cream may decrease any itching or skin irritation. Antibiotic ointment (such as Neosporin) may be used if skin is broken, to prevent infection.
- Your skin could be more sensitive for up to 2 weeks after the treatment. Use of gentle cleansers is advised, but do not rub vigorously and discontinue the use any scrubs for at least 3 days after treatment or until irritation is no longer present. Skin Moisturizers should be applied twice a day.
- Use of 35-45 SPF is strongly advised for at least 2 weeks prior to treatment. Avoid the sun and strong winds directly following procedure, as this could cause irritation.
- In the rare case that you experience any adverse side-effects such as, persistent or unusual redness, swelling or drainage, please contact us immediately, as antibiotics may be necessary.