

Dermaplaning Post-Treatment Care



Following these instructions will help maintain your dermaplaning results longer, and help you avoid complications.

Cleanse: Use a gentle cleanser and warm, not hot, waters. Splash water on face. Do not use abrasive wash clothes, Clarisonic or similar facial scrubber, or hot shower spray for the first 48 hours. Do not use cleansers, serums or spot treatments containing salicylic acid or Benzoyl Peroxide (BPO) for five (5) days following treatment.

Tone: Hydrating and brightening toners applied with a cotton round will penetrate deeper into the skin. If you are sensitive, try all products on a small area before applying full face.

Serums: Active ingredients in serums penetrate much better now, so you'll see quicker results. Ask your esthetician about the right serums for your skin. Please do not use Retin-A, five (5) days pre- and post-dermaplaning. For darker skin tones, use a brightening serum to reduce the risk of PIH (Post Inflammatory Hyperpigmentation).

Moisturizer: Choose a hydrating moisturizer and apply twice daily. It's common for skin to feel tight but is dewy to touch. This is good and will only last a short time. Moisturizer locks in the skin's hydration with the added absorption for its active ingredients. For darker skin tones: use a 1% hydrocortisone cream for five (5) days following treatment to calm inflammation and reduce the risk of PIH.

SPF: Your skin is more vulnerable to UV rays after exfoliation. SPF is essential to protect your skin – even on cloudy days when UVA (aging) rays are present.

Makeup: Makeup can irritate skin after dermaplaning. Bacteria, alcohols, colorants and fragrance are all irritants that can cause contact dermatitis. Be sure to clean your makeup brushes and apply clean or new makeup to minimize risks.

Do: Avoid sun exposure as much as possible. If you must be in the sun, apply and reapply SPF every two (2) hours, wear a hat and seek shade.

Do: Delay exposure to excessive heat, heavy workouts, steam rooms and saunas for 48 hours post treatment.

Do: Wait seven (7) days before facial waxing. Waxing may be done prior to dermaplaning.

Do: Schedule your appointments 4 weeks apart to optimize results.

Do: Call us with both compliments and/or concerns.

Do: Enjoy your new look!