



DERMAPLANNING

Pre And Post-Care Treatment Instructions for Optimal Results

NOT RECOMMENDED FOR THE FOLLOWING PATIENTS:

- Those with active disease states, a hemorrhagic disorder or are on anticoagulant treatments.
- Someone experiencing an active or local skin disease that may alter wound healing or someone who has an autoimmune disease.
- Patients with uncontrolled diabetes.
- Patients with inflamed acne lesions, open skin lesions, dermatitis, active cold sores or skin cancer.
- Patients using Accutane in the past 6 months or those who used prescription retinol within a week of treatment.

PRE-TREATMENT PREP

There is no pain or discomfort during the Dermaplaning procedure. It is best to relax and allow your treatment provider to move and manipulate the position of your head and face. Try to remain still. There is no gum chewing allowed during the treatment and talking will be restricted at certain key times during the treatment.

Please disclose to your treatment provider if you are on any medications (topical and/or oral), have any medical conditions, being treated by a physician for any conditions, or have been diagnosed with cold sores or Herpes simplex.

7 hours prior to treatment

- No shaving, peels, waxing or aggressive exfoliating agents.

AFTERCARE SKINCARE REGIMEN

To enhance and maintain results:

1. Cleanse: Use a gentle, soap-free cleanser for a minimum of 7 days post treatment. We recommend Arieed MD reFresh Cleanser.
2. Moisturize: Apply a moisturizer in the morning and evening, or as often as needed in the first 7 days. We recommend Arieed MD reDew Intensive Hyaluronic Moisturizer.
3. Protect: Apply a broad-spectrum SPF of 30 or above in the morning and reapply throughout the day.

POST-TREATMENT CARE

What to expect:

- You may experience slight peeling for the first few days.
- Slight windburn sensation and/or blotchiness are normal for the first few days.
- Skincare products may tingle or slightly burn for the first 2 days.

What to avoid:

- Do not pick, scratch or rub the treated area.
- Avoid sun exposure as much as possible for a minimum of 3 days post treatment. If you must be in the sun, apply a broadspectrum SPF of 30 and above and reapply throughout the day.
- Avoid chlorine for 24 hours.
- Avoid excessive heat 3 days after your treatment, such as heavy workouts, steam rooms or saunas.
- Avoid facial waxing for 7 days.
- Do not use scrubs, polishers, or aggressive brushes for 7-14 days after your treatment.
- Dermaplaning can increase penetration of products so avoid any products containing tretinoin, retinols, alpha-hydroxy acid (AHA), beta-hydroxy acid (BHA) for 1 week post treatment as increased sensitivity can occur.

WE RECOMMEND: treatment every 6 weeks to maintain results

If you have any questions or concerns, please do not hesitate to call our office at 203.637.0662