dermaplaning

DERMAPLANING
PRE & AFTERCARE SHEET

QUESTIONS/CONCERNS PLEASE CALL THE SCHOOL AT (801) 530-0001

FOR EMERGENCY RESPONSE

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This Pre and Aftercare sheet is for the Dermaplaning. Dermaplaning is a skin treatment that uses a specialized blade, similar to a surgical scalpel called a dermatome to remove dead skin and hairs. People may also refer to it as microplanning or blading. If there is any question about interactions with medications or sensitive health conditions, it is recommended that you get signed consent from your medical professional prior to your appointment. This treatment is often a good option for pregnant women, as well as other conditions.

CONTRAINDICATIONS

- Active Inflamed Acne
- Rosacea
- Viral Skin Infections (HSV,
- Antibiotics
- Terminal Hair
- Accutane
- Recent Facial Injections
- Sunburn
- Dermatitis
- Fungal Skin Infections (Yeast Infections)
- Bacterial Infections (Cellulitis, Impetigo, Folliculitis)

PRECARE DERMAPLANING TREATMENT INSTRUCTIONS

- Use gentle products with minimal activity prior to treatment.
- Do not shave or exfoliate the face for 5-7 days prior to your treatment.
- Schedule waxing appointments 5-7 days prior to your treatment, 14 days for sensitive skin.
- Avoid sensitizing products with artificial fragrances, harsh preservatives, and dyes.
- Drink plenty of water. Hydrated skin is healthy skin.
- Be prepared to use high quality sun protection every day!
- Schedule according to the needs of your skin with your esthetician's recommendations.
- Avoid direct sun exposure at least one week prior to treatment.
- Discontinue use of NSAIDS (non-steroidal anti-inflammatory drugs) one week prior.
- Discontinue use of tropical acne medications that can cause thinning to the skin one week prior (Differin, Retin-A, Clindamycin, etc.)

AFTERCARE DERMAPLANING TREATMENT INSTRUCTIONS

- You may experience slight wind burn sensation and/or blotchiness. These are normal for the first few days.
- Avoid sunlight – light exposure without sunscreen will result in undesirable pigmentation (freckles and patches)
- Apply sun protection SPF 30 every 2 hours for the first 48 hours, even if you don't plan to be in the sun.
- Be gentle with your skin. Do not use exfoliating products or acne treatments for 7 days.
- Recovery time is usually 1-4 days, and this treatment can be performed within 1 week of big events like weddings.
- Do not wax over treated area for 14 days.

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- Avoid products containing alpha hydroxy acids for 7 days.
- Use home treatment program according to your esthetician's instructions.
- Avoid products with artificial fragrance and dyes.
- Drink plenty of water. Hydrated skin is healthy skin.
- Avoid chlorine for 1 week. Avoid vigorous activity and hot heat.
- Do apply moisturizing serums as absorption levels will be elevated.
- Avoid blood thinners for at least 4 days post treatment as blood thinners can pro-long your healing process.
- For best results Dermaplaning treatments are recommended every 3-5 weeks.