



Dermaplaning: Pre & Post Care

Pre Treatment Instructions

- Please let your skincare specialist know if you are on any medications (topical and/or oral), have any medical conditions, or are being treated by a physician for any conditions.
- Let your skincare specialist know if you have been diagnosed with cold sores or Herpes simplex.
- No shaving, peels, waxing, or aggressive exfoliations one week prior to Dermaplaning treatments.
- You should wait 7 days after receiving Botox or Dermal fillers to receive Dermaplaning treatments.

The Procedure

There should be no pain or discomfort during the Dermaplaning procedure. It is best to relax and allow the skincare specialist to move and manipulate the position of your head or face. Try to maintain still. Gum chewing is not allowed during the treatment and talking will be restricted by the specialist at certain key times during the treatment.

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Post Treatment Instructions

- Use a gentle cleanser and apply moisturizer at least twice daily for a minimum of 7 days post treatment.
- Avoid sun exposure as much as possible for a minimum of 3 days post treatment.
- If you must be in the sun, apply SPF 30 or greater, reapply often and seek shade when possible.
- Be careful of sun exposure for 2 weeks.
- Avoid excessive heat 3 days post treatment, i.e., heavy workouts, steam rooms or saunas, etc.
- Avoid chlorine for 24 hours.
- Avoid facial waxing for 7 days.
- Avoid facial fillers and Botox for 2-4 weeks based on area.
- Do not pick, scratch, or aggressively rub the treated area.
- No scrubs, polishers, or aggressive brushes should be used for 7-14 days.
- DO apply serums, as absorption levels will be elevated in the skin.
- You may experience slight peeling for the next few days.
- Slight windburn sensation and/or blotchiness is normal for the next few days.
- Skin care products may tingle or slightly burn for the next 2 days.
- If you have any questions or concerns, please call the Spa at 954.399.1463

***For best results, Dermaplaning treatments are recommended every 3-5 weeks**