



## DERMAPLANE PRE & POST CARE INSTRUCTIONS

We look forward to seeing you for your appointment. Below are the pre- and post-care instructions for your treatment:

### **PRE-CARE INSTRUCTIONS:**

#### **Please do not:**

- Apply products that are potentially irritating for 2-5 days before treatment unless directed by your provider (examples- tretinoin/Retin-A, alpha and beta hydroxy acids, benzoyl peroxide, hydroquinone)

#### **Please do:**

- Inform your provider if you are pregnant or breastfeeding.
- Inform your provider if you have any questions prior to the treatment.
- Inform your provider if you have had any medical updates including new medications, allergies, surgeries or medical events.
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment.
- Inform your practitioner if you have taken Accutane/isotretinoin (oral acne medication) in the past year.
- Inform your provider if you take NSAIDs or blood thinners.
- Inform your provider if you have a bleeding disorder.
- Avoid sun exposure prior to treatment. Use SPF 30+ if you are going to be exposed to the sun.
- Avoid cosmetic procedures such as microneedling, microdermabrasion, chemical peels, and laser procedures for two weeks prior to treatment. It is usually okay to have these procedures after a dermaplane. Ask your provider for guidance.
- Reschedule your appointment if you have any open wounds or active skin conditions such as cold sores, eczema, psoriasis, dermatitis, or warts in the treatment area.

#### **Day of Treatment:**

- If possible, arrive with a makeup-free face.
- Arrive a few minutes before your scheduled appointment time to complete the check-in process, update or fill out any necessary paperwork and take progress photos.
- You may experience tenderness and flushed skin for up to 24 hours following the treatment.

## **POST CARE INSTRUCTIONS:**

### **Skin Care/Makeup Application:**

- Avoid using potentially irritating products for 2-5 days post-treatment (examples- tretinoin/Retin-A, benzoyl peroxide, hydroquinone, alpha and beta hydroxy acids).
- Use a gentle, non-abrasive facial cleanser and gentle moisturizer for 24-48 hours (about 2 days) after the treatment.
- Avoid facial waxing for at least one week.
- Makeup may be applied immediately after treatment.

### **Sun/Light/Heat Exposure:**

- Resume sun protection and SPF 30+ immediately after the treatment.

### **Follow Up:**

- If this procedure is part of a treatment series, schedule your next appointment 4-6 weeks out or as directed by your provider.
- Please contact us if you have any questions or concerns. Text is the best method of contact if you have after-hours questions.

Thank you,

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