



DERMAPLANING Pre and Post Care Instructions

Overview:

Dermaplaning is a simple, quick, and safe procedure for exfoliating the epidermis and ridding the skin of fine vellus hair (peach fuzz) by shaving the skin with a sterile blade; it has few to no adverse effects. Using a scalpel and a delicate touch, the provider simply abrades the surface of the skin using light feathering strokes. It is most often used on patients with rough, dry skin, and /or superficial hyperpigmentation to enhance over all skin tone. It is a safe treatment for patients who are pregnant or nursing who want a deep exfoliation. This treatment may be recommended to prepare the skin for chemical peels as it allows products to penetrate more readily into the deeper layers. Results may not be seen in a single treatment. Follow-up with maintenance treatments may be recommended.

Risks and Side Effects:

- Dermaplaning can create scraping, nicking, and/or abrading of the skin.
- Many patients are often concerned that the hair will grow back heavier and darker after dermaplaning; this is not the case. Hair will grow back at the same rate and texture as before the treatment within 4 – 6 weeks.
- Patients who have oily skin, inflamed acne, or are allergic to nickel are not ideal candidates for the treatment.
- Dermaplaning can be done as often as every two weeks, although it is usually done when vellus hair starts to grow back, which is generally in one month's time.
- Some patients may experience redness, irritation, dryness, post treatment acne flares, or folliculitis.
- Blemishes and/or cold sores may result after this treatment.

Before Treatment:

- 7 DAYS BEFORE treatment: Avoid waxing 7 days before and after this treatment.
- 3 DAYS BEFORE treatment: Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other “anti-aging”, “acne”, and “bleaching” products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Cleanse skin with a mild cleanser (i.e., CeraVe® Foaming Facial Cleanser).
- Avoid excessive sun exposure and wear a broad-spectrum sunscreen daily of SPF 30 or higher (i.e., EltaMD®).
- Inform your provider if you have a history of recurring facial or oral herpes (cold sores / fever blisters) to receive advice on antiviral therapy prior to treatment.

Day of Treatment:

- Try to arrive to the office with a “clean face”. Please **do not wear makeup**, if possible.

Immediately After Treatment:

- It is normal for skin to appear red and inflamed. Light scabs may form in the treated area and remain for 24 to 48 hours.
- Discontinue use of all topical products for 72 hours following treatment.
- Use a gentle moisturizer as needed (i.e., Avene® Hydrance Riche Creme).
- Cleanse skin with a mild cleanser (i.e., CeraVe® Hydrating Facial Cleanser).
- Do not use heavy makeup for the first day.
- Avoid excessive sun exposure and wear a broad-spectrum sunscreen daily of SPF 30 or higher.