

It is crucial to the health of your skin and the success of your treatment that these guidelines are followed.

PRE-TREATMENT

To prepare your skin for Dermaplaning, please follow these steps:

- **Avoid sun exposure** and tanning (including self-tanners) for at least 5 days prior.
- **Discontinue retinoids, AHAs, BHAs, and benzoyl peroxide** for 5 days before treatment.
- **No waxing, threading, or depilatory creams** on the face for 7 days before treatment.
- If you have **active acne, cold sores, open wounds, or recent sunburn**, your appointment may need to be rescheduled.
- Please inform us of any **recent resurfacing treatments (laser, chemical peels, microneedling)** or if you are using **Accutane** within the last 6 months.
- Arrive with clean skin — no makeup, lotions, or SPF the day of your appointment.

POST- TREATMENT

Your skin will be smooth, radiant, and more receptive to skincare products after Dermaplaning. To protect your results and avoid irritation:

- **For the first 24–48 hours:**
 - Avoid touching your face unnecessarily.
 - Do not use makeup, retinoids, exfoliants, or harsh products.
 - Avoid introducing bacteria into the area; hot yoga, saunas, swimming, heavy sweating, etc.
- **Hydrate & Protect:**
 - Use a gentle cleanser and a soothing moisturizer as recommended by your provider.
 - Apply a broad-spectrum SPF 30–50 (Neova DNA Damage Control is recommended) daily, and reapply if outdoors.
- **For 3–5 days post-treatment:**
 - Avoid direct sun, tanning beds, or aggressive exfoliation.
 - Do not pick or scratch the skin.
 - Resume brightening serums and gentle exfoliants only after your provider advises it is safe.
- **Long-term care:**
 - Maintain daily SPF and consistent skincare for best results.
 - Dermaplaning can be repeated every 4–6 weeks as part of your professional skin health routine.