



DERMAPLANING Pre & Post Care

*You shouldn't receive this treatment if you have been treated with Accutane or similar products in the last 12 months or have compromised skin quality in the area receiving the treatment.

Pre-Treatment

Discontinue any manual or physical exfoliation 3-5 days prior.

Treatment Day

Come to appointment with a clean face, no lotion. Cleansing products are available for your convenience, please arrive 10 minutes early if you need to wash your face.

What to Expect

The treated skin may be pink or slightly red. The redness should disappear within a day. Your skin will be more sensitive for the next 3-7 days, wear SPF. Recommend treatment every 30 days

Aftercare

Be sure to take care of your skin following dermaplaning. Following these instructions will maintain your results longer and help you avoid complications.

- **Cleanse:** Use a gentle cleanser and warm (not hot) water. Splash water on face. Do not use abrasive wash cloths, Clarisonic, or hot shower spray for the next 24-48 hours. Do not use cleansers, serums or spot treatments containing salicylic acid or Benzoyl Peroxide (BPO) for 5 days following treatment.
- **Tone:** Hydrating and brightening toners applied with a cotton round will penetrate deeper into the skin. If you are sensitive, try all products on a small area before applying full face.
- **Serums:** Active ingredients in serums penetrate much better now, so you'll see quicker results. Ask your provider about the right serums for your skin. Please do not use Retin-A, 5 days pre and post dermaplaning. For darker skin tones: use a brightening serum to reduce the risk of excess pigment production.
- **Moisturizer:** Choose a hydrating moisturizer and apply twice daily. It's common for skin to feel tight but is dewy to the touch and will only last a short time. Moisturizer locks in skin's hydration with the added absorption of its active ingredients. For darker skin tones: use a 1% hydrocortisone cream or pigment correcting cream for 5 days following treatment to calm inflammation and reduce the risk of excess pigment production.
- **SPF:** Your skin is more vulnerable to UV rays after exfoliation. SPF is essential to protect your skin - even on cloudy days when UVA (aging) rays are present. Avoid sun exposure as much as possible. If you must be in the sun, apply and reapply SPF 30+ every 2 hours, wear a hat and sunglasses and seek shade.
- **Makeup:** Makeup can irritate skin after dermaplaning. Bacteria, alcohols, colorants and fragrance are all irritants that can cause contact dermatitis. Be sure to clean your makeup brushes and apply clean (new) makeup to minimize risks. You can wear makeup that day, but if you don't have to, wait till the next day.
- **Delay exposure to excessive heat, heavy workouts, steam rooms and saunas for 24-48 hours post treatment.**
- **Wait 7 days before facial waxing. Waxing may be done prior to dermaplaning.**
- **Schedule your appointments 4 weeks apart to optimize results.**

Please contact Cheeky Medspa at (907) 252-3198 if you have any questions, concerns, or compliments regarding your treatment.