

**Pre and Post care is very important for producing a beautiful result.**

### **Pre treatment:**

Avoid sun exposure, especially getting sunburnt.

Please let your therapist know if you are on any medications (topical and/or oral), have any medical conditions, or are being treated by a physician for anything that may effect your treatment.

If you have just had a herpes simplex break out (cold sores), please wait until skin is completely healed before booking.

No shaving, peels, waxing, or exfoliates manual or chemical, one week prior to Dermaplaning treatment.

### **Post treatment:**

Direct sunlight exposure is to be completely avoided immediately following the treatment (including any strong UV light exposure or tanning beds). Although SPF 30+ should already be a part of your daily skin care, after dermaplaning, SPF 30+ must be applied daily to the treated area for a minimum of two weeks.

Avoid chlorine for 48 hours

Avoid facial waxing for 7-10 days minimum

Avoid Dermal Fillers or Botox for 2 to 4 weeks based on area.

No scrubs, polishers, or aggressive brushes should be used for 7 to 14 days.

Do not apply any type of glycolic acid or exfoliation products as this can severely damage or irritate the skin during the entire healing process.

Do not peel, rub, or scratch your skin at anytime, whatsoever. This will cause damage and compromise your results as well as possibly cause severe scarring. If you experience painful areas of the face, contact your skin care therapist immediately, especially if you are prone to cold sores.

Twice daily cleanse the treated area with a post treatment cleanser, followed by a serum or treatment cream and follow with SPF 30+ sunscreen.

Avoid excessive heat 3 days post treatment, i.e. heavy workouts, steam rooms or saunas, etc

**FAILURE TO FOLLOW AFTER-CARE INSTRUCTIONS MAY RESULT IN SKIN INFECTIONS, SKIN IRRITATION & OTHER SIDE EFFECTS**