

## DERMA PLANING CAUTIONS AND POST TREATMENT INFORMATION

A Dermaplane treatment is an exceptional method of removing the outer layers of inert skin cells. The result is smooth and rejuvenated skin with hair removal benefit. This procedure is not traumatic and is a non-invasive way to remove dead skin cells to renew the skin. Our certified estheticians will use a sanitary blade to stroke the skin at a 45-degree angle similar to shaving. We will prepare and cleanse your skin prior to the treatment and apply moisturizer afterward.

## Certain conditions may require postponement of your treatment. These include:

- Inflamed acne lesions
- Open cuts or scratches on your face
- Active cold sores on lips or face (A history of herpes or cold sores may require a course of anti-viral medication pre and post treatment)
- Any facial surgery within 3 months
- Accutane use: It is not advisable to have this treatment if Accutane has been used within the last
  6 months
- Please discontinue products containing any exfoliating agents (retinoic acid, retinol, benzoyl peroxide, glycolic acid, salicylic acid, astringents, etc.) 24-48 hours before treatment.

## Post Treatment:

- You may experience slight redness and swelling, which should resolve within 24 hours.
- Mineral Makeup can be worn immediately following the treatment.
- Avoid heat, saunas, hot tubs and sweaty activity for 24 hours; this includes exercise of any kind.
- It is important that you do not pick, scratch, pull or rub your skin during or after. If you do, you may damage the underlying new skin and cause scarring or changes to your pigmentation.
- Be sure to use sunscreen daily.
- Avoid products containing any exfoliating agents (retinoic acid, retinol, benzoyl peroxide, glycolic acid, salicylic acid, astringents, etc.) 24 hours after treatment.
- You may resume your regular skin care routine 24 hours after treatment.

It will be your responsibility to follow this advice since you will be caring for your skin at home and your signed consent form is your promise to us that you will do so.

Please realize that these warnings are for your protection and should you have any questions please do not hesitate to call.