



Dermaplaning Pre & Post Treatment Guidelines

PRE-TREATMENT GUIDELINES

- Avoid retinol/tretinoin and hydroquinone products for 3 days prior to treatment.
- Avoid waxing for 72 hours prior to treatment.
- Inform us if you are taking any blood thinners or high doses of aspirin.
- Inform us if you have had any laser treatments, chemical peels, microneedling etc., in the last 14 days.
- Inform us if you are prone to cold sores. You may be given a prescription for Valtrex (antiviral) to be taken prior to treatment.

DAY OF YOUR TREATMENT

- Please arrive without creams, oils, serums, makeup, or sunscreen on the treatment area.
- Pre-treatment photos will be taken if not already taken during your consultation.

WHAT TO EXPECT

- Skin will be cleansed to remove oils and bacteria before starting treatment. Skin will be patted dry with a fresh towel. A sterile surgical blade will be used to remove hair and dead skin cells painlessly. Once treatment is completed, a warm towel will be used to remove excess hair and skin cells. Appropriate moisturizers and/or serums and SPF will be applied.

POST-TREATMENT GUIDELINES

- Use gentle cleanser for 24 hours.
- Avoid any physical or chemical exfoliators for 7 days after treatment.
- Avoid waxing treated area for 7 days after treatment.
- Avoid unprotected sun exposure and tanning beds, as well as self-tanning products for at least 7 days. Always use daily sunscreen with a minimum of SPF 30.
- Please call aFresh Med Spa and Plastic Surgery with any questions or concerns.