

Post-Treatment

Dermaplaning

IMMEDIATELY FOLLOWING TREATMENT:

- The skin in the treated area will most likely be mildly red and may be slightly sensitive. This redness will fade within a few hours after the treatment.
- You may notice that your skin appears brighter and smoother after your treatment, but it may take 1-2 days to fully see the results as redness subsides.

AFTER TREATMENT CARE:

- **If possible, do not apply makeup** to the skin for 24 hours after the treatment. It is best to allow the skin to rest. If necessary, it is best to apply a mineral makeup that is incapable of harboring bacteria.
- **After treatment, your skin will be extra sensitive to sun exposure.** You must be diligent about avoiding direct sun exposure and tanning beds. If going out, you must apply a sunscreen with an SPF of at least 20.
- **Follow a very simple skincare routine** for the first 3-4 days after treatment. Use a gentle cleanser and moisturizer without irritating ingredients. Hydrating and soothing products are perfect after dermaplaning. Be sure to pat the skin dry, do not rub!
- **Do not use irritating products** such as Retinols, AHA's, BHA's, or any form of exfoliation (chemical or physical) for 3-5 days after your treatment to avoid irritating the skin.
- **Avoid** strenuous exercise, excessively hot showers, steam rooms, jacuzzis, or participate in activities that would cause excessive perspiration for at least 24 hours. Stay out of the pool as well, as they can harbor bacteria.
- **Do not receive any other facial treatments** including but not limited to chemical peels, microdermabrasion, and waxing until 14 days after your treatment.
- **Avoid** picking, rubbing, or scratching your face.

FOLLOW-UP:

Please make an appointment with Lani in 4 weeks following your procedure for follow up.