



Dermaplane Exfoliation Pre & Post Care Instructions

Pre Treatment:

What to Expect

- It may take multiple treatments to visualize improvements.
- Improved smoothness, texture, luminescence
- Improved mild photo damaged and skin-mottle pigmentation
- Improved acne scarring

Contraindications

- Exfoliation is contraindicated for those with active infection of all types, such as herpes simplex virus or flat warts
- Active acne
- Uncontrolled diabetes
- Eczema, dermatitis
- Skin cancer
- Vascular lesions
- Oral blood thinner
- Rosacea

Post Treatment:

- Use recommended skincare products
- Discontinue use of hydroxyl acids and retinols for approximately 3 days.
- Do not use harsh scrubs or abrasive loofahs following your treatment for at least 3 days.
- Avoid direct sun exposure and wear SPF daily.
- Avoid vigorous activity and heat
- Do not go swimming or put face under water
- Do not take long, hot showers or put face under a hot stream of water.
- Avoid drinking alcohol.
- Avoid surfaces that could irritate your skin such as pillows, beards, collared or turtleneck shirts.
- Do not pick or prematurely peel the skin, as this will cause hyperpigmentation and/or surface scars.
- Return to the office as directed by provider or sooner with any complications.

If you have any questions or concerns please contact our office.