

Before and After Care for Dermaplaning Facial

Before Your Dermaplaning Facial

To ensure that your dermaplaning facial delivers the best possible results, follow these preparation steps:

1. **Avoid Exfoliating Products:**
 - o Stop using any exfoliating products, such as retinoids, glycolic acid, salicylic acid, or scrubs, at least 3-5 days before your treatment. These products can make your skin more sensitive and prone to irritation during the dermaplaning process.
2. **Discontinue Hair Removal:**
 - o Avoid waxing, threading, or using depilatory creams on your face for at least 7 days before your dermaplaning appointment. These methods can make your skin more sensitive and increase the risk of irritation.
3. **Avoid Sun Exposure:**
 - o Limit sun exposure for at least a week before your treatment. Sunburned or tanned skin is more sensitive and can be adversely affected by the procedure. If you must be outdoors, wear a broad-spectrum sunscreen with SPF 30 or higher.
4. **Hydrate Your Skin:**
 - o Keep your skin well-hydrated in the days leading up to your treatment by drinking plenty of water and using a gentle, hydrating moisturizer. Hydrated skin is more resilient and will respond better to dermaplaning.
5. **Do Not Use Makeup:**
 - o On the day of your appointment, arrive with a clean face, free of makeup, moisturizer, or any other products. This ensures that the dermaplaning blade can glide smoothly over your skin and effectively remove dead skin cells and peach fuzz.
6. **Consult with Your Provider:**
 - o If you have any specific skin concerns, such as active acne, rosacea, or eczema, discuss them with your provider before your appointment. They can tailor the treatment to your skin's needs or recommend alternative procedures if necessary.
7. **Avoid Alcohol and Blood-Thinning Medications:**
 - o Refrain from consuming alcohol or taking blood-thinning medications (like aspirin or ibuprofen) for 24 hours before your appointment. These can increase the likelihood of redness or bruising.

After Your Dermaplaning Facial

Post-treatment care is crucial to protect your freshly exfoliated skin and to maintain the results of your dermaplaning facial. Follow these aftercare guidelines:

1. **Avoid Sun Exposure:**
 - o Your skin will be more sensitive to the sun after dermaplaning, so avoid direct sun exposure for at least 7 days. Apply a broad-spectrum sunscreen with SPF 30 or

higher every day, even if you're indoors or in cloudy weather. Reapply every 2 hours if you're outside.

2. Moisturize Regularly:

- o Keep your skin hydrated by applying a gentle, hydrating moisturizer immediately after your treatment and in the days following. Look for products containing hyaluronic acid, aloe vera, or ceramides to soothe and protect your skin.

3. Avoid Makeup for 24 Hours:

- o Avoid applying makeup for at least 24 hours after your dermaplaning facial. This allows your skin to breathe and fully benefit from the treatment without the risk of clogging pores or causing irritation.

4. Avoid Exfoliating Products:

- o Refrain from using exfoliating products, such as retinoids, glycolic acid, salicylic acid, or scrubs, for at least 5-7 days after your treatment. Your skin is in a delicate state and needs time to recover without added irritation.

5. Stay Hydrated:

- o Drink plenty of water to keep your skin hydrated from the inside out. Hydration supports the healing process and helps maintain the smooth, glowing results of your dermaplaning facial.

6. Avoid Heat and Sweating:

- o For the first 48 hours after your treatment, avoid activities that cause excessive sweating, such as intense exercise, saunas, or hot showers. Heat can exacerbate redness and prolong the healing process.

7. Do Not Pick or Scratch:

- o Avoid picking at your skin, even if you experience mild flaking or peeling. This could lead to irritation or infection. Let your skin heal naturally.

8. Use Gentle Skincare Products:

- o Stick to gentle, non-irritating skincare products in the days following your treatment. Avoid products with harsh chemicals, fragrances, or alcohol that could irritate your sensitive skin.

9. Follow-Up Treatments:

- o Dermaplaning is safe to do every 4-6 weeks, depending on your skin type and needs. Regular treatments can help maintain a smooth, radiant complexion. Follow your provider's recommendations for scheduling follow-up sessions.

10. Monitor Your Skin:

- o If you experience any unusual reactions, such as prolonged redness, swelling, or discomfort, contact your provider. They can provide additional guidance or recommend soothing treatments to help your skin recover.