

## **DERMAPLANING**

Congratulations on your dermaplaning treatment! Following post-treatment guidelines is crucial to the health of your skin and success of your results.

- Use a gentle cleanser and apply moisturizer at least twice daily for a minimum of 7 days after treatment.
- Avoid sun exposure as much as possible for a minimum of 3 days post treatment. Wear sunscreen daily for 2 weeks post treatment. Exposure to sun and UV rays can increase the chance of hyperpigmentation. If you must be in the sun, apply SPF 30 or greater, reapply often, wear a wide brimmed hat, and seek shade if possible.
- Avoid excessive heat for 3 days post treatment (strenuous workouts, saunas, steam, etc.).
- Avoid chlorine for 24 hours.
- Avoid facial waxing for 7 days.
- Do not pick, scratch, or aggressively rub the treated area.
- Do not use any scrubs, polishers, or facial cleansing brushes (Clarisonic) for 2 weeks.
- DO apply serums to take advantage of the increased absorption levels of the skin.
- You may experience slight peeling for the first few days. Slight windburn sensation and / or blotchiness is normal for the first few days.
- It is normal for skin care products to tingle or slightly burn upon application for the first few days after treatment.

If you have any questions regarding your treatment or these instructions, please call the office during business hours at 414-210-4073. For any after-hours concerns, please call 414-422-3105. If there is an emergency, call 911.