

# THE Aesthetics Lounge and Spa

## Dermaplaning Pre/Post Care

### **What is Dermaplaning?**

Dermaplaning is a physical exfoliation treatment that uses a sterile, sharp blade to remove dead skin cells and vellus hair (aka peach fuzz) from the skin's surface. This type of exfoliation can result in smoother, brighter, and more evenly textured skin. It's important to note that dermaplaning is different from shaving. Shaving physically cuts the hair at the skin's surface while dermaplaning gently scrapes it away.

### **POST TREAT CARE INSTRUCTIONS**

Cleanse your face with a gentle cleanser -You'll want to cleanse your face gently immediately after dermaplaning. A gentle cleanser will remove any debris or residue left behind on the skin's surface. Avoid using harsh or abrasive cleansers, which can irritate the skin.

Apply a hydrating serum & SPF – Dermaplaning can leave your skin feeling a bit dry and sensitive. To combat this, apply a hydrating serum or face oil to help nourish and protect the skin. It's also important to use broad-spectrum SPF 30 or higher after dermaplaning since your skin will be more sensitive to the sun's harmful rays.

Do not wear any makeup for 24 hours – You'll want to avoid wearing makeup for at least 24 hours after dermaplaning. This will give your skin time to heal and recover from the treatment.

Drink plenty of water to stay hydrated – Drinking plenty of water helps to keep your skin hydrated from the inside out. This is especially important after dermaplaning since your skin will be more prone to dryness.

**Don't use retinol or glycolic acid** – You'll want to avoid using retinol or glycolic acid for at least a week after dermaplaning. These ingredients can cause irritation and dryness, which isn't ideal for sensitive skin.

Don't use hot water on your face – Hot water can strip the natural oils from your skin, leaving it feeling dry and irritated. So, avoid using hot water when cleansing your face or taking a shower. Steam rooms or saunas should also be avoided for at least 24-48 hours after dermaplaning.

Don't pick or scratch your face – Picking or scratching your face can damage the skin and lead to infection. So, it's important to resist the urge to pick or scratch at any dryness, redness, or irritation you may experience after dermaplaning.

Avoid other facial treatments for two weeks – Other facial treatments, such as chemical peels or microdermabrasion, can irritate the skin after dermaplaning.

Do not engage in any strenuous physical activity – Strenuous physical activity can cause excessive sweating, which can lead to irritation and breakouts. So, it's best to avoid working out or engaging in any other strenuous activity or exercise for at least 24 hours after dermaplaning.

### **Signature**

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