

Dermaplaning Aftercare Guide

Pre-treatment

- **Limit Sun Exposure:** Avoid direct sun exposure and tanning for at least 7 days prior to your dermaplaning treatment to reduce the risk of skin irritation.
- **Use Sunscreen:** If you must be outside, apply a broad-spectrum sunscreen with at least SPF 30 to protect your skin.
- **No Exfoliation:** Refrain from using physical or chemical exfoliants (e.g., glycolic acid, salicylic acid, scrubs) for at least 5 days before the procedure to avoid over-exfoliation and irritation.
- **No Waxing:** If you've had waxing or other hair removal methods recently, wait at least 7 days before your dermaplaning treatment to ensure your skin is not irritated.
- **Keep Your Therapist Updated:** Let your skincare professional know if you have active acne, rosacea, eczema, or any other skin condition, as these may impact your eligibility for dermaplaning.
- **No Makeup:** Make sure your skin is clean and free from makeup, oils, or lotions when you arrive for your treatment. If this isn't possible, don't worry—your therapist will remove all makeup during the cleansing process.

What to Expect During Your Treatment

- **Mild Scraping Feeling:** As the professional glides the scalpel over your skin, you will feel a light **scraping or brushing sensation**.
- **No Pain or Discomfort:** Most people find dermaplaning **relaxing and painless**, similar to a gentle shave.
- **Slight Tingling:** Some areas, especially around the **cheeks, forehead, or jawline**, may feel a bit more sensitive.
- As dead skin cells and peach fuzz are removed, some clients experience a **slight warming sensation**.
- **Minimal redness** may occur, similar to mild exfoliation, but it typically fades within **a few minutes to a few hours**.

What to Expect After Your Dermaplaning Treatment


- **Mild Redness and Sensitivity:** You may experience slight redness or sensitivity right after the treatment. This is normal and should subside within a few hours.
- **Smooth Skin:** Your skin will feel ultra-smooth and soft immediately after dermaplaning due to the removal of dead skin cells and peach fuzz.
- **Temporary Tightness:** Some clients may feel a slight tightness in the skin due to the exfoliation.
- **Instant Glow:** Your complexion will appear radiant and fresh, with a smoother texture and more even tone.
- **Continued Exfoliation:** The effects of dermaplaning last for 3–4 weeks as your skin naturally regenerates. The skin may start to feel a bit rough as dead skin cells gradually accumulate.

- **Dryness or Flaking:** A small number of people may experience slight flaking or dryness after the treatment. This typically resolves within a few days.
- **Mild Sensitivity:** Your skin might feel more sensitive than usual, especially when exposed to heat or harsh products.

Post-Treatment Aftercare Guidelines

- **Use a Hydrating Moisturiser:** Apply a gentle, hydrating moisturizer regularly to help restore moisture to your skin. Look for a fragrance-free, soothing product.
 - **Sunscreen Is Essential:** Always apply a broad-spectrum sunscreen with SPF 30 or higher, especially if you plan to be outside. Reapply every 2 hours.
 - **Avoid Direct Sun Exposure:** Try to avoid sun exposure for at least 5 days after treatment to prevent pigmentation issues.
 - **No Exfoliation for 5–7 Days:** Refrain from using exfoliating products (such as scrubs, AHAs, BHAs, or retinol) for at least a week after dermaplaning to prevent irritation or over-exfoliation.
 - **Avoid Other Skin Treatments:** Do not schedule chemical peels, microdermabrasion, or other exfoliating treatments for 1–2 weeks after dermaplaning.
 - **Use a Mild Cleanser:** Cleanse your face with a mild, hydrating, non-foaming cleanser. Avoid hot water or harsh scrubbing.
 - **Pat Dry:** After cleansing, gently pat your skin dry with a soft towel.
 - **Hands Off:** Avoid touching your face to minimize the risk of transferring dirt, bacteria, or oils that could lead to breakouts.
 - **Give Your Skin Time to Breathe:** It's recommended to avoid makeup for the first 24 hours to allow your skin to recover and breathe. After that, you can use makeup, but opt for non-comedogenic, mineral-based products.
 - **No Heat Exposure:** For 48 hours post-treatment, avoid hot showers, saunas, and steam rooms, as excessive heat can irritate your skin.
 - **Limit Exercise:** Try to avoid strenuous physical activity that causes sweating for the first 24–48 hours, as sweating can irritate freshly treated skin.
- Monitor Your Skin:** It's normal for your skin to feel a little sensitive for a few days. However, if you notice excessive redness, swelling, or discomfort, contact your skin therapist.

Additional Tips:

- **Hydrate:** Drink plenty of water to keep your skin hydrated from the inside out.
- **Maintain a Gentle Skincare Routine:** Stick to gentle, soothing skincare products until your skin feels completely back to normal.
-  To maintain smooth, glowing skin, **rebook your next dermaplaning** treatment in **4–6 weeks** for continued exfoliation and radiance.