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## **PRE & POST DERMAPLANING INSTRUCTIONS**

### **PreTreatment Instructions**

- Please let your skincare specialist know if you are on any medications (topical and/or oral), have any medical conditions, or are being treated by a physician for any conditions.
- Let your skincare specialist know if you have been diagnosed with cold sores or Herpes simplex. No shaving, peels, waxing, or aggressive exfoliations one week prior to Dermaplaning treatments.
- You should wait 7 days after receiving Botox or Dermal Fillers to receive Dermaplaning treatments.

### **The Procedure**

There is no pain or discomfort during the Dermaplaning procedure. It is best to relax and allow the skincare specialist to move and manipulate the position of your head and face.

Try to remain still. There is no gum chewing allowed during the treatment and talking will be restricted by your skincare specialist at certain key times during the treatment.

### **Post Treatment Instructions**

- Wash your face with a gentle, acid free cleanser, tepid water, and avoid topical products that contain alpha or beta hydroxy acids, retinols or Retin A for approximately 72 hours or longer. If irritation occurs after applying the above products, wait a few more days to allow your skin to heal. Under no circumstances should you use a product that abrades the skin within that 72-hour period (scrubs), nor should you submerge the treated area in chlorinated pool or hot tub for the next 3 to 5 days
- Avoid sun exposure as much as possible for a minimum of 3 days post treatment. If you must be in the sun, apply SPF 30 or greater, reapply often, wear a wide brimmed hat, and seek shade when possible. Be careful of sun exposure and wear sunscreen daily for 2 weeks.
- Avoid excessive heat 3 days post treatment, i.e. heavy workouts, steam rooms or saunas, etc.
- Avoid chlorine for 24 hours.
- Avoid facial waxing for 7 days.
- Avoid Dermal Fillers or Botox for 2 to 4 weeks based on area.
- Do not pick, scratch, or aggressively rub the treated area.
- No scrubs, polishers, or aggressive brushes should be used for 7 to 14 days.
- Do apply serums as absorption levels will be elevated
- You may experience slight peeling for the first few days. Slight windburn sensation and/or blotchiness are normal for the first few days. Skin care products may tingle or slightly burn for the first 2 days.

***For best results, Dermaplaning treatments are recommended every 3-5 weeks.***

If you have any additional questions or concerns regarding your treatment, please contact us at PURE at 208-853-7873.

Sign below to acknowledge you have received a copy of the pre and post care instructions and all your questions have been answered.

**Client Name (Printed):** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**PURE Representative:** \_\_\_\_\_ **Date:** \_\_\_\_\_