



## **ADVANCED WELLNESS**

skin care – massage therapy – foot zone

If you've never had dermaplaning before, you're in for a treat. This popular skincare treatment can leave your skin looking and feeling incredible. But like with any treatment, there are aftercare instructions you need to follow to ensure optimal results. Here are the dos and don'ts of dermaplaning aftercare.

### **Dermaplaning Overview**

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.

### **Aftercare Instructions**

Now that you know a little bit more about dermaplaning let's talk about aftercare. Following these simple instructions will help you experience the best results from your treatment.

# What You Should DO After Dermaplaning

## **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 or face oil.**

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.

## **After your treatment, follow a simple skincare routine.**

For two weeks following your treatment, stick to a simple skincare routine. That means using a gentle cleanser, hydrating serum or face oil, and sunscreen every day. Avoid any other treatments or products that could irritate the skin.

## **Use SPF**

It's important to use sunscreen after dermaplaning since your skin will be more sensitive to the sun's harmful rays. Choose a broad-spectrum SPF 30 or higher and apply it every day, even if you're just spending time indoors.

## **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.

### **Avoid touching your face.**

Touching your face can introduce bacteria to the skin and cause irritation. So, it's best to avoid touching your face as much as possible after dermaplaning.

### **Avoid using harsh skincare products.**

Harsh skincare products, such as retinoids or glycolic acids, can irritate the skin after dermaplaning. If you use these products, wait at least a day or two before using them again after your treatment.

### **Avoid chlorine and swimming pools.**

Chlorinated water can dry out and irritate the skin. So, it's best to avoid swimming in pools or other bodies of chlorinated water for at least 24 hours after dermaplaning. You can shower normally after your 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.

### **Get plenty of rest and relaxation.**

Taking some time to relax and de-stress can do wonders for your skin. Consider taking a relaxing bath or reading a good book to help your skin recover from dermaplaning.

# What You Should NOT DO After Dermaplaning

## **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 expose your skin to the sun.**

It's important to avoid direct sun exposure after dermaplaning. This can irritate the skin and cause redness and swelling. If you must be in the sun, make sure to wear sunscreen with a high SPF.

## **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 a day or two after dermaplaning.

## **Don't use harsh or abrasive cleansers.**

Harsh or abrasive cleansers can irritate the skin and cause redness and swelling. Stick to gentle cleansers after dermaplaning to help keep your skin healthy and happy.

## **Don't use a washcloth or scrub brush on your face.**

Washcloths and scrub brushes can be too harsh for the skin after dermaplaning. Stick to using your hands when cleansing your face to avoid any irritation.

### **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.

### **Don't book other facial treatments for two weeks.**

Other facial treatments, such as chemical peels or microdermabrasion, can irritate the skin after dermaplaning. So, it's best to wait at least two weeks before booking any other facial treatments.

### **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.

## **The Bottom Line**

Dermaplaning is a safe and effective way to exfoliate the skin and remove unwanted hair. However, it's important to take care of your skin after dermaplaning to avoid any irritation or dryness. Be sure to follow all of the do's and don'ts listed above to ensure a happy and healthy complexion.

Now that you know all the do's and don'ts of aftercare, you can enjoy your beautiful, smooth skin! Just remember to take it easy on your skin for the first few days and to drink plenty of water to stay hydrated. If you have any concerns or questions, be sure to consult with your dermatologist or esthetician.

For best results, we recommend undergoing dermaplaning sessions every six to eight weeks.