

PRE/POST TREATMENT INSTRUCTIONS

Dermaplaning

Important **PRE-TREATMENT** Information:

Who may not be suitable for treatment:

- *If you have a cold sore/Herpes Simplex flare up in the treatment area
- *If you are sunburnt or windburned at the time of treatment
- *If you have had excessive sun exposure in the last 48 hours
- *If you have a large area of broken skin in the desired treatment area
- *If you have had a laser treatment in the last 2 weeks

Please contact us immediately on 02380 556600 if you are booked in for this treatment and any of the above apply to you.

Do's & Don'ts Before Your Appointment:

- Please don't use any active ingredients on your skin 24 hours before your appointment. Active ingredients include (BHAs, AHAs, Retinol/Tretinoin, Vitamin C – Please contact us if you are unsure)
- Ensure you come to your appointment with NO MAKE-UP on
- Please prepare your skin with your practitioner recommended skincare regime before your treatment
- Do not have any facial laser treatments 1-2 weeks before your treatment
- Do not wax, have electrolysis or use hair removal creams on your face for 1 week before your appointment.

Important **POST-TREATMENT** Information:

- Be super gentle with your skin. Do not rub aggressively. When drying your face pat it gently with the towel.
- Remember that dermaplaning can increase absorption of products
- You can re-start your active skincare ingredients 48-72 hours after your treatment as long as the skin does not appear irritated and any peeling has stopped
- Avoid fragranced skincare products for 24 hours as these can aggravate the skin
- Avoid extreme temperatures (Saunas, steam rooms, sunbeds, hot showers/baths) and UV radiation for 48-72 hours after your treatment
- Avoid excessive sweating/exercise for 24 hours after treatment
- Avoid waxing, hair removal creams and laser treatments on the treated area for 1 week after your treatment
- Avoid chlorinated water / swimming for 24 hours
- Although uncommon, you may experience slight peeling for the first few days following treatment
- Ensure you wear an SPF of 30 or above every day.

**If you are at all worried after your treatment, please contact us on our
24/7 emergency helpline: 07979108508.**