

DERMAPLANE PRE/POST PROCEDURE INSTRUCTIONS

- Wash treated area(s) with a gentle, acid free cleanser.
- Avoid topical products that contain alpha/beta hydroxyl acids, retinols/ retin-a and/or hydroquinone for approximately 48 hours.
- If sensitivity occurs after applying the above products, wait a couple of more days to allow your skin to completely heal.
- Avoid exfoliants for 72 hours.
- Avoid chlorinated pool or hot tube for 3 – 5 days.
- Avoid excessive heat 24 hours post treatment, i.e., heavy workouts, steam rooms or saunas.
- Avoid sun exposure as much as possible for a minimum of 48 hours 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.
- Avoid facial waxing for a week post treatment.
- Avoid dermal fillers and Botox for a couple of days.
- Avoid picking, scratching, or aggressively rubbing the treated area for 5 – 7 days.
- 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 couple of days.

If you have any questions or concerns about your procedure, please don't hesitate to call our office 303-532-2810.

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