



## Dermaplaning Aftercare

- Your skin may feel sensitive for around 3-7 days after treatment, this is normal and we would advise you to be very cautious when using products on your skin. Test patch an area if you're unsure.'
- Please do not use any chemical exfoliants (glycolic acid, salicylic acid etc containing products), physical scrubs or retinol / tretinoin for 1 week. Please check with your practitioner before using anything that may contain these.
- Sunlight Exposure is to be completely avoided immediately following the treatment (including any strong UV light exposure or tanning beds). Although SPF 30+/50+ should already be a part of your daily skin care, after dermaplaning, SPF 30+50+ must be applied daily to the treated area for a minimum of two weeks.
- Aerobic exercise or vigorous physical activity should be avoided until all redness has subsided.
- When cleansing for the first week, use medical grade gentle cleansers. Avoid harsh wash clothes and gently pat the skin when drying.
- Keep the skin hydrated.
- Avoid make-up for 24 hours.
- Please ensure you do not touch your face for 24 hours, take care around children and pets, and use a clean pillowcase the night of your Dermaplaning treatment.
- If you experience a rash, spots, or prolonged redness then this could be a side effect of the treatment and we can advise you on how to treat this. Be sure to contact us asap if this is the case.

In case of queries or for urgent advice please call us on:

**01843 639861 or 07468 526494**

