

Progressive Laser LLC

"Science enhancing Beauty..."

DERMAPLANING PRE AND POST CARE INSTRUCTIONS

For best results, please follow these instructions



What is Dermaplaning?

Dermaplaning is a safe, non-invasive treatment that is performed using a small surgical blade to manually remove 3-4 weeks of dry, dead surface skin cells as well as vellus hair.

Who can benefit from Dermaplaning?

Dermaplaning is recommended to treat uneven skin tone, appearance of large pores, dry skin, rough skin, fine lines and unwanted facial hair. Treating the skin in this manner helps to improve a smoother texture, a clear complexion and absorption of products. It is also very beneficial for boosting the production of collagen and elastin and skin rejuvenation. Many patients are often concerned that the hair will grow back heavier and darker after Dermaplaning; this is not the case. Hair will grow back at the same rate and texture as before the treatment within 4 – 6 weeks.

When should you schedule your treatment?

Dermaplaning can be done as often as every two weeks, although it is usually done when vellus hair starts to grow back, which is generally in one month's time. Dermaplaning may be recommended to prepare the skin for enzymes, hydrafacials and chemical peels because it enhances the effectiveness of other skincare treatments by providing deeper product penetration.

Preparing for your Dermaplaning Treatment:

- Discontinue all manual (scrubs, clarisonic, resurfacing pads) and chemical (salicylic, glycolic, retinol, lactic acid etc) exfoliators for one week prior to your scheduled dermaplaning treatment.
- If you have any prescription topicals, it is recommended to discontinue the use of those for one week prior to your treatment.
- Avoid excessive sun exposure and wear a broad-spectrum sunscreen daily of SPF 30 or higher for one week prior to treatment.

Post Care Treatment Instructions:

- Your skin may appear slightly red and inflamed
- Your skin might be slightly sensitive
- Avoid exercise and sweating for 24 hours post treatment (reduces irritation)
- Discontinue the use of all exfoliants (manual or chemical) for 10 days post treatment.
- Keep moisturized morning and night
- Avoid rubbing, picking and scrubbing your skin post procedure, for it could lead to further scarring
- Avoid excessive sun exposure and wear a broad-spectrum sunscreen daily of SPF 30 or higher for at least one week post treatment