Progressive Laser LLC

"Science enhancing Beauty..."

**Dermaplaning Pre & Post Care**

*For best results, please follow these instructions*

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.

**What to Expect During & Immediately After Treatment:**

Your skin may experience temporary irritation, tightness, or redness. These are all normal reactions that typically resolve within 72 hours depending on skin sensitivity.

You may experience a wind burn type of feeling or feel itchy during the treatment. These sensations generally subside within three hours of treatment.

Client experiences may vary. Some people may experience a delayed onset of the previously mentioned symptoms. Contact us immediately if any unusual side effects occur or if symptoms worsen over time.

**Before your Dermaplaning appointment you must:**

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 topical prescriptions, it is recommended to discontinue the use of those for one week prior to your treatment.

**Next Steps:**

Your skin may appear slightly red and inflamed and it might be slightly sensitive. Avoid exercise and sweating for 24 hours post treatment (reduces irritation) and discontinue the use of all exfoliants (manual or chemical) for 10 days post treatment. It is important to keep moisturized morning and night in order to extend the results of your treatment.

You should also 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.

**Good Skincare through a Healthy Lifestyle.** *Maintain your skin health by following the below recommendations.*

* Drink plenty of water
* Eat a balanced diet
* Take a daily vitamin
* Exercise regularly
* Get plenty of sleep
* Avoid smoking
* Avoid tanning beds
* Minimize alcohol consumption
* Manage daily stress