

Dermaplaning Pre- and Post- Treatment Instructions

Before your treatment:

- **Stop all topical acids**, retinols, and Retin-A, 24 to 72 hours (1 to 3 days) prior to your treatment.
- **Avoid tanning beds, self tanners or prolonged exposure** to the sun 4 days prior to treatment. Always use a zinc oxide based sunscreen with SPF 30+.
- Wait 6 months following **oral isotretinoin (Accutane)** use before having this procedure done.
- If you are **planning to receive Botox**, make sure that you give yourself at least **7 days** post-Botox injections before receiving this procedure.

After your treatment:

- **Do not go swimming** for at least 24 hours post-treatment.
- Mineral makeup may be applied 24 hours after treatment
- **Limit exercising or strenuous activity** for the first 24 hours post-treatment.
- **Avoid intentional and direct sunlight** for 48 hours. No tanning beds. Try to avoid excessive sun exposure on the treatment area and use a sunscreen (SPF 30+) for one month following the procedure.
- **Cleanse the treated area with mild cleansers or soaps** without perfumes or acids, and avoid washcloths and harsh cleansers for the first 24 hours
- For at least **24** hours post treatment, **do NOT use** any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Small scratches on the skin are not unusual to notice after a treatment and you may apply a thin coat of Neosporin on any that feel scratchy.

Please contact our office (727-323-8074) if you have any concerns about how your skin is responding to treatment or is healing. If you are healing well, you may resume using limited mineral makeup 48 hours later. DO NOT resume the use of topical acids, retinols, retin A, etc. for 7 days.