



# DERMAPLANING

## PRE + POST CARE

### PRE-TREATMENT CARE:

- Avoid sun exposure for 1 week prior to treatment and use SPF 30 daily to ensure coverage against UVB and UVA rays.
- Do not use harsh exfoliants for 1 week prior to treatment.
- Discontinue use of Tretinoin type products (Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) at least 2 or 3 days prior to treatment.
- Discontinue use of Hydroquinone 2 or 3 days prior to treatment.
- If you have a history of cold sores, consider beginning prophylactic treatment with Valtrex or similar no later than the day prior to dermaplaning.
- Neuromodulators and fillers injected up to 2 weeks prior are not recommended.
- Notify the center if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.

### POST-TREATMENT CARE:

- You may fully resume a normal skin care regimen 2 days after treatment. If skin still feels irritated, test spot your skin care products first.
- Discontinue the use of harsh exfoliants for one week following.
- Use sunscreen SPF 30 or higher daily and reapply as needed.