



## Dermaplaning: Pre and Post Treatment Instructions

### Contraindications

- Active acne
- Current or recent use of accutane, eczema, dermatitis, psoriasis, open lesions, lupus, active herpes infection, sunburn and keratosis.
- Vascular lesions
- Allergy to nickel
- Blood thinners

### What to Expect

- You will see a smoother surface, improved texture, luminescence, zero peach fuzz, and brighter looking skin immediately after your dermaplaning session.
- Allows make-up to sit flawlessly and skincare products to better permeate, leaving your skin looking vibrant and fresh.
- Before your dermaplane treatment begins, your face will be thoroughly cleansed. Next, a sterile surgical blade is used to remove dead skin cells and peach fuzz. The procedure is gentle and painless.

### Pre Treatment

- No shaving, peels, waxing, depilatory creams, retinol, tretinoin, prescribed topicals or aggressive exfoliators one week prior.
- You should wait 7-10 days after receiving Botox or Dermal Fillers. No sunburns.

### Post Treatment

- Use recommended skincare products such as a gentle cleanser, hyaluronic acid, daily moisturizer, SPF ect. If irritation occurs after applying the above products, wait a few more days to allow your skin to heal.

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- Discontinue use of hydroxy acids(AHA &BHA) and retinoids following your treatment for 3-5 days. Avoid direct sun exposure and wear sunscreen daily SPF 30-50.
- Avoid chlorine for 1 week. Avoid vigorous activity and hot heat.
- Avoid facial waxing/depilatory creams for 3-5 days.
- Do not use harsh scrubs or abrasive loofahs following your treatment for 3-5 days.
- Do apply moisturizing serums as absorption levels will be elevated.
- You may experience slight wind burn sensation and/or blotchiness are normal for the first few days.
- Skincare products may feel sensitive for the first few days.

**For best results dermaplaning treatments are recommended every 3-5 weeks.**

If you have any questions or experience any side effects, please contact our office immediately.  
Text us at 202.333.4445 and email us at [info@helaspa.com](mailto:info@helaspa.com).