



Dermaplane After-Care Instructions

Thank you for trusting us with your skincare needs! Please follow the instructions below after your visit for best results:

TODAY

- Leave your skin as-is (with product) until this evening; you may use a gentle cleanser tonight. Follow up with gentle skincare products such as serum and moisturizer.
- Reapply SPF every 2 hours.
- Avoid: Skincare that contains fragrance, alcohol, salicylic acid, glycolic acid, & retinol. Avoid putting on makeup if possible, but if unavoidable make sure your makeup is not expired & your makeup tools are clean.

THE NEXT 48-HOURS

- Continue with gentle cleanser for 48-hours after your treatment. Continue use of SPF and avoid sun exposure when possible.
- Avoid acid-based and exfoliating skincare for the next 48-hours. You can return to your regular cleansing product(s) after that.
- Avoid compromising your skin to bacteria; don't put your phone to your face, ensure your pillowcases are clean, & avoid touching your face as much as possible.

THE NEXT 2 WEEKS

- Use SPF diligently and reapply every 2 hours.
- You may resume use of acid-exfoliants (glycolic/lactic/salicylic acid) after **5 days** and retinol after **7 days**. If irritation occurs, discontinue use for an additional 3-5 days.

*It is normal to experience some inflammation after your treatment. Your skin will likely feel tight and dry, especially if you use skincare with alcohol or fragrance. You are more photosensitive for **two weeks** so be cautious of sun exposure. If you have any questions or concerns, please do not hesitate to contact us!*

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