



DERMAPLANE

PRE+POST CARE INSTRUCTIONS

PRE-TREATMENT CARE:

- Please arrive with no makeup applied to face.
 - 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 Retinol type products (Tretinoin, Retin A, Retinol) at least 2 or 3 days prior to treatment.
 - **Discontinue** use of Hydroquinone 2 or 3 days prior to treatment.
 - Neurotoxins and fillers injected up to 2 weeks prior are not recommended.
 - You can not get a facial if you have an active cold sore.
 - 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.
 - If you have recently used the medication Accutane®, you must postpone treatment until at least six months after stopping the medication.
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POST- TREATMENT CARE:

- 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 fully resume a normal skin care regimen 2 days after treatment.
 - **Discontinue** the use of harsh exfoliants for one week following (including Retinol / Tretinoin / AHA/ BHA/ ect).
 - If skin still feels irritated, test spot your skin care products first.
 - Use sunscreen SPF 30 or higher daily and reapply as needed.
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IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.
