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### Dermaplaning Pre-Treatment Instructions

- Discontinue use of products containing AHAs, BHA, benzoyl peroxide, nonprescription vitamin A (retinol, AlphaRet, etc), or scrubs at least **72 hours** before your appointment.
- Discontinue use of prescription topicals (tretinoin, EpiDuo, tazorac, etc) or adapalene (Differin) **5 days** before your treatment.
- Do not wax or thread for **one week** before treatment.
- If you receive filler or Botox injections, wait **2 weeks** after fillers and **1 week** after Botox before dermaplaning (can be done same day **after** dermaplaning).
- Please reschedule if you have a sunburn or windburn.

### Dermaplaning Post-Treatment Instructions

- Cleanse with a gentle cleanser without brushes or washcloths for **72 hours** following treatment.
- Avoid direct sun exposure and extreme heat (workouts, sauna, steam room) for **48 hours** following treatment.
- Wear/reapply a broad-spectrum SPF 30+ daily.
- Avoid irritating products (AHA, BHA, retinoids, AlphaRet, enzymes, scrubs) for **72 hours** following treatment.
- Avoid prescription topicals (tretinoin, EpiDuo, tazorac, etc) for **5 days** following treatment.
- Avoid makeup for at least **24 hours**, if possible.
- Avoid chlorine for **72 hours** following treatment.
- Remember that anything you use following the treatment will penetrate deeper into the skin, making them feel potentially tingly or more active.
- Redness, irritation, or itchiness may occur following treatment, but should resolve within **72 hours**. You may use a moisturizer, like skinbetter's Trio, or a hydrating SPF, like Alastin's HydraTint, as needed throughout the day to help soothe the skin.
- Client experiences may vary. Some people may experience a delayed onset of the previously mentioned symptoms. Contact us immediately if any unusual side effects occur or if symptoms worsen over time.