



## Dermaplaning Pre/Post Care

### Pre Care

Do not tweeze, wax, laser, electrolysis, or any other hair removal in the bulk of the brow, 1 week prior to your appointment.

No heavy exfoliations one week prior to Dermaplaning treatments.

Wait 14 days after receiving botox or dermal fillers prior to treatment.

Discontinue retinol, AHA, BHA, vitamin-c serums, etc or any other prescription topicals for your skin.

Avoid caffeinated beverages (coffee, tea, soda, energy drinks) before your appointment, as this makes it quite difficult for the artist to do their job. Enjoy the opportunity to take a few moments of your day to comfortably relax and be pampered.

### Post Care

Avoid using steam rooms, saunas or sunbeds for at least 48 hours post dermaplaning.

No scrubs, peels, waxing, exfoliating, or aggressive brushes for 7 days. Only use a gentle cleanser and apply moisturizer at least twice daily for a minimum of 7 days post treatment.

You may experience a slight windburn sensation post treatment and skincare products may tingle slightly, this is normal for the first few days.

It is not advised for you to apply makeup or any self-tanning products for 48 hours following on from your treatment

Want to keep your skin fresh? Remember to get your next dermaplaning appointment booked in for 4-6 weeks time.

If you have any further questions or concerns, please reach out!

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