

# Dermaplaning FAQ & Post Care Instructions

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## What is Dermaplaning?

Dermaplaning is a more aggressive, pain free form of exfoliation that uses a small surgical blade to manually remove 2-3 weeks of dry, dead surface cells.

## What skin conditions does it benefit?

Dermaplaning is recommended to treat dry, rough skin, acne scarring, uneven skin tone, large pore size, fine lines and unwanted facial hair. It produces a smooth texture, clear complexion and is beneficial for overall skin rejuvenation, boosting the production of collagen and elastin.

## Is there downtime post treatment?

There is no downtime post dermaplaning treatment and you can resume your normal activities immediately following the treatment. There are, however, a few precautions to keep in mind in order to achieve optimal results and a positive experience. See the post care section for more information.

## Dermaplaning is NOT recommended if you are experiencing any of the following:

- Current inflamed acne
- Pregnant or Lactating
- Severe melasma
- Skin cancer on face
- Active cold sores
- Uncontrolled Type 1 Diabetes
- Dermatitis including eczema and/or psoriasis
- Open skin lesions
- Use of Accutane within last 12 months

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## Preparing for your Dermaplaning Treatment

- Discontinue exfoliation for 1 week prior to scheduled treatment. This includes manual (scrubs, Clarisonic) and chemical (salicylic, retinol, glycolic, lactic acid, etc) exfoliations.
- If using prescription topical exfoliants such as Differin Gel, Epi Duo, Aczone, Tretinoin, etc, it is recommended that usage be discontinued 2 weeks prior to treatment.

## Post Care Instructions:

- Your skin may be slightly sensitive post treatment.
- Sweating and exercise should be avoided for 24 hours post treatment to reduce irritation.
- Discontinue use of alpha and beta hydroxy acids as well as facial scrubs or manual facial brushes for 10-14 days post treatment.

## What should you use:

In the week or two post service, focus on hydration and the rejuvenation of your skin by using some of the following glō•Therapeutics products:

- glōVitamin C Serums
- glōB5 or Advanced B5 Serum
- glōCorrective Soothing Serum
- CytoLuxe Serum, CytoLuxe Vitamin C + Serum and/or CytoLuxe Hydration+, CytoLuxe Face Essence
- glōRestorative Mask, glōCucumber Recovery Mask
- Any of the glō•Therapeutics Eye Creams or Eye Serums

## When should you schedule your next treatment?

- This treatment can be done as a monthly maintenance plan or in a series of 3-6 consecutive treatments. Your individual Aesthetician will help determine the most appropriate treatment plan for your skin.