

# Dermaplane Instructions

## What to Expect Before Treatment

- It may take multiple treatments to visualize improvements.
- Improved smoothness, texture, luminescence.
- Improved photo damaged skin-mottle pigmentation.
- Improved acne scarring.

## Contraindications

Exfoliation is contraindicated for those with the following:

- Active infection of all types, including as herpes simplex virus or flat warts.
- Active acne.
- Uncontrolled diabetes.
- Eczema or dermatitis.
- Skin Cancer.
- Vascular lesions.
- Oral blood thinners.
- Rosacea.
- Tattoos - not effective.
- Pregnancy.

## After Treatment

- Follow skin care instructions as recommended by your skin care professional.
- Discontinue use of hydroxy acids and retinols following your treatment for 72 hours.
- Do not use harsh scrubs or abrasive loofahs following your treatment for 72 hours.
- Avoid direct sun exposure and wear a sunscreen daily (SPF 30).
- Avoid vigorous activity and heat for 24 hours.
- Do not go swimming or put face under water for 24 hours.
- Do not take long, hot showers or put face under a hot stream of water for 24 hours.
- Avoid drinking alcohol for 24 hours.
- Avoid surfaces that could irritate your skin (pillows, beards, collared or turtleneck shirts).
- Do not pick or prematurely peel the skin, as this can cause hyperpigmentation and/or surface scars.
- Please call our office if you have any questions or concerns following your treatment.

