

This document is designed to provide information about [Dermaplaning](#), its benefits, potential risks, and alternative procedures. It is important that you read this information carefully and have all of your questions answered before signing the consent form.

Safe & Effective for All Skin Types | Minimally Invasive | Painless | Little or No Downtime | Pairs Nicely with Other Treatments

The Procedure: Dermaplaning is a non-invasive exfoliation technique in which a sterile surgical scalpel is stroked along the skin at an angle to gently “shave off” dead skin cells from the epidermis and temporarily remove the fine vellus hair (the short, soft hairs) from the face and neck leaving your skin instantly smooth, soft and glowing. As with any type of exfoliation, the removal of dead skin cells allows for better absorption of active ingredients in skincare products. Dermaplaning is considered a safe procedure for most skin types and can help reduce the appearance of fine lines, evens skin tone, assists in reducing milia, closed and open comedones, and minor breakouts associated with congested pores. Dermaplaning also helps makeup to go on much more smoothly. Due to the contours of the face, certain areas of the face (such as the eyelids and nose) are not treatable using this method. A thorough skin analysis prior to your first dermaplaning will be completed. If dermaplaning is not appropriate, you will be informed during this session and an alternative treatment may be recommended instead. Every individual is unique and it is very difficult to predict the results or a specific number of treatments needed to achieve desired results. Dermaplaning results fade with time, so regularly scheduled treatments are highly recommended to achieve and maintain desired results. Beneficial results may be increased by combining dermaplaning with condition-specific topicals, potent antioxidants, hyaluronic acid, peptides, and/or other aesthetic procedures such as chemical or laser peels, LED light therapy, and more.

Indications: Fine lines & wrinkles, sun damage, superficial age spots, hyperpigmentation, uneven skin tone & texture, acne scars, clogged, congested and enlarged pores.

Recommended Course of Treatment: A series of regularly scheduled treatments 4 - 8 weeks apart or as needed.

Contraindications include, but are not limited to the following:

- Accutane (*isotretinoin*) in the last 6 months
- Skin-irritating products in the last 3 days
- Aesthetic procedures/injections in the last 2 weeks
- Blood-thinning medications within the last week
- History of keloid scarring or abnormal wound healing
- Skin cancer or suspicious lesions
- Sunburn (*natural sunlight, tanning*) and extreme sensitivity
- Epilepsy (contraindicated for LED light therapy)
- Poorly controlled medical conditions (*i.e. diabetes, vascular*)
- Impaired immune system and/or use of immunosuppressive medications
- Active infection, cold sores (*Herpes Simplex*), psoriasis, eczema, and dermatitis
- **Patients with unrealistic expectations**

Risks & Possible Side Effects: include, but are not limited to the following:

- Common side effects such as slight redness, irritation, and dryness usually subside within a few hours after treatment.
- Side effects can worsen with sun exposure. Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection. Begin using an SPF of 30 or higher immediately after your treatment.
- The sterile surgical scalpel may cause superficial non-scarring nicks to the skin.
- Activation of individual sensitivities that may include, but are not limited to Herpes Simplex, cold sores, or acne flare-up may occur.
- Hormonal imbalance present within the anatomical system may alter the normal hair growth pattern.
- Rare side effects such as scarring or textural changes may result from this procedure.

Although the majority of patients do not experience any side effects and/or complications, you should discuss each of the above with your practitioner to make sure you understand the limitations, risks, and potential complications of this elective aesthetic procedure.

Alternative Procedures Dermaplaning is an elective aesthetic procedure, which is not medically necessary or required.



Pre / Post Care Instructions Compliance with the recommended pre / post-care instructions as well as recommended follow-up visits by your practitioner are crucial in minimizing the risk of side effects and complications. **It is your responsibility to inform your practitioner of your most recent sun exposure, new medications, or changes in medical history before each treatment is performed.**

Before Your Treatment

- Pregnancy or lactating mothers: treatment may lead to irritation or breakouts of your skin due to hormonal sensitivity.
- Patients who have used Accutane or similar products within the last 6 months CANNOT be treated.
- Avoid excessive sun exposure as well as the use of artificial tanning beds for 72 hours before and after treatment.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) for 48 hours prior.
- Discontinue use of over-the-counter acne medications such as benzoyl peroxide and salicylic acid for 48 hours prior.
- Refrain from waxing and use of depilatories for 48 hours prior.
- Avoid other aesthetic procedures or cosmetic injections in the treatment area(s) for 2 weeks before and after. Botox and dermal fillers can be given on the same day ONLY AFTER your treatment.
- If you are prone to cold sores, it is recommended to take antiviral medication for 2 or more days before and after.
- Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time.

Day of Treatment

- Arrive with clean skin free of any lotion, oil, makeup, powder, or sunscreen.
- Notify your practitioner of any changes in your medication, health status, or personal activities that may be relevant to your treatment.
- Dermaplaning treatments typically last around 30 minutes.
- Your practitioner will make individual recommendations on when to resume normal skincare.

After your treatment

- Use of sunscreen following treatment is mandatory! Please use SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection following your treatment as your skin is more susceptible to UV rays which slow down the benefits of your treatment.
- Please refrain from prolonged direct sun exposure or tanning beds for 2 weeks.
- Common side effects such as slight redness, irritation, and dryness usually subside within a few hours to several days.
- The sterile surgical scalpel may cause superficial non-scarring nicks to the skin.
- Keep the treated area clean and well hydrated (specifically for the first 7 days). DO NOT scrub skin when cleansing.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) for 48 hours after.
- Discontinue use of over-the-counter acne medications such as benzoyl peroxide and salicylic acid for 48 hours after.
- Avoid excessive heat exposure (i.e. hot showers, hot tub, sauna, intense cardio, or other workouts) for 24 hours after.
- Do not have any other aesthetic treatments on the treated area for at least 1-2 weeks after.
- If you do not need to apply makeup for the remainder of the day it is preferred to go without.
- To achieve maximum results, ongoing treatments and a daily home skincare program are recommended.

If you experience any side effects, such as prolonged redness, irritation, or a histamine reaction contact your practitioner immediately for proper assessment and care instructions.