

## DERMAPLANE AFTER CARE

- **Avoid direct sun exposure**  
You must stay out of the sun for at least 3 days post treatment and then use a high factor sunscreen to protect your skin.
- **Avoid using scrubs for 1 week**  
Do not use any products on your face which contain exfoliating ingredients for at least 1 week to avoid irritating your skin any further.
- **Avoid any makeup application**  
Do not wear any makeup for at least 24 hours post treatment. Also, you must avoid any other facial treatments for at least 2 weeks after your dermaplaning.
- **Follow a simple skincare routine after your treatment**  
After your dermaplaning treatment, you need to follow a simple skincare routine for 2 weeks. Instead of using any harsh cleaning products, use a very mild cleanser to clean your face. Also, you should apply moisturizers as well as skin serums, especially those with hyaluronic acid, after the treatment.  
You need to avoid using any products that contains aggressive ingredients such as Retinol or harsh acids.
- **Do not engage in any strenuous exercise**  
You should avoid strenuous exercises for at least 24 hours post treatment. It is also important to avoid the use of steam rooms or saunas.
- **Avoid any contact with chlorine**  
Try to avoid any contact with chlorine (swimming pools, Jacuzzi) for at least 3 days post treatment.