



Congratulations on completing your Dermaplaning treatment. We hope you enjoy your beautiful results. Below are some recommendations and what you can expect post dermaplaning treatment:

You may experience slight peeling for the first few days. Slight wind burn sensation and/or blotchiness are normal for the first few days. Skin care products may tingle or slightly burn for the first 2 days.

- **CLEANSE** your skin with a gentle, acid free cleanser and avoid topical products that contain alpha or beta hydroxy acids, retinols or Retin A for approximately 72 hours (3 days) or longer. If irritation occurs after applying alpha or beta hydroxy acids, retinols or Retin A products, wait a few more days to allow your skin to heal.
- **DO** apply serums as absorption levels will be elevated.
- **AVOID** direct sun exposure and wear sunscreen daily.
- **AVOID** Chlorinated pools or hot tubs for 72 hours (3 days).
- **AVOID** excessive heat 3 days post treatment, i.e., heavy workouts, steam rooms or saunas, etc.
- **AVOID** facial waxing for 7 days.
- **DO NOT** use scrubs or polishers for 7 to 14 days. No abrasive loofahs or brushes following your treatment.
- **DO NOT** pick, scratch, or aggressively rub the treated area.

For best results, schedule your Dermaplaning treatment every 3 to 5 weeks. If you have any questions, please contact our office.

Thank you for choosing Reflections Cosmetic Surgery and Medical Spa for all your skincare and wellness needs. We look forward to working with you on your journey!

Don't forget to reschedule your next Dermaplaning Treatment!