

### What is Dermaplaning?

Dermaplaning is a facial procedure in which the skin is manually exfoliated to remove dead skin buildup and fine hairs, aka “peach fuzz”. This process allows the skin to develop a healthier, more even complexion

### What are the benefits of Dermaplaning?

*Optimal results are seen after a series of treatments*

- Immediately rejuvenate skin
- Removes fine, vellus hairs
- Unclog pores
- No downtime
- allows the skin to better absorb skincare
- prepares the skin for other treatment

### Pre-Treatment Care

*Prep the skin using the recommended Environ skincare system for optimal results*

- No sun exposure or tanning beds for 3+ days prior to treatment. Use a broad-spectrum UVA/UVB mineral sunscreen with an SPF 30+. We recommend EltaMD/Alastin/Brush on Block. Reapply every 2 hours when exposed to the sun
- Discontinue any treatment topicals and prescription medications as directed \_\_\_\_\_
- Remove all makeup, creams or oils prior to treatment
- No waxing or use of aggressive exfoliators 5-7 days prior to the procedure
- No chemical peels, HydraFacial, laser therapy or other intense treatments 2 weeks prior
- We recommend waiting 2 weeks after facial injections, laser treatments, or chemical peels before starting treatment

### What can I expect during and after treatment?

- A sterile dermaplane blade is gently glided across your skin at a 45-degree angle
- During the procedure, you may experience mild tingling/prickly sensation, tightening, and a warmth sensation
- Redness and tender skin are possible but the post care will promote healing and decrease these risks
- Immediately after treatment, the skin will feel smoother and look brighter

### Post Treatment Care

*It is advised to follow post care instructions to aid in the proper healing of the skin*

- Apply post care regimen as directed to promote healing and repairing of the skin
- No sun exposure, tanning beds, and sunless tanning cream for 2 weeks after treatment. Use a broad-spectrum UVA/UVB mineral sunscreen with an SPF 30+. We recommend EltaMD/Alastin/Brush on Block
- Avoid using topical prescriptions, exfoliants, or cosmetics for 72+ hours post treatment
- Bathe and shower as usual – treated areas may be temperature-sensitive

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- Avoid swimming, hot tubs, Jacuzzis and saunas
- Avoid activities that cause excessive sweating or any activity that may raise core body temperature

### Possible Side Effects

*Sun, tanning beds, and not adhering to the post treatment instructions provided to you may increase your chance of any complications*

- There is a potential for a “nick” to occur on the skin.
- Prolonged itching, redness, blistering, crusting, bruising, purpura, swelling
- Pigment changes, including hypopigmentation (lightening of the skin) or hyperpigmentation (darkening of the skin). Incidence of this occurring are higher for darker skin
- Potential for ingrown hairs

### Contraindications

- Use of Isotretinoin (Accutane®) within 6 months prior to treatment
- Any active skin condition in the treatment area, such as sores, psoriasis, eczema, and rash
- Pregnant and nursing
- Having received treatment with light, laser, RF, or other devices in the treatment area within 2 weeks prior to treatment.
- Intra-dermal or superficial sub-dermal areas injected with Botox®/HA/collagen/fat injections or other augmentation methods 2 weeks prior to treatment
- On photosensitive medications or other immunosuppressive drugs
- Have Lupus, Diabetes, or being treated with Chemotherapy
- Skin tags/Moles- these areas will be avoided
- Taking blood thinners or history of bleeding problems/delayed coagulation
- Prone to herpes simplex or have an active breakout

### Consent

- I understand that multiple treatments may be necessary for optimal results
- I understand results may vary depending on skin condition, skincare regimen, and daily SPF use
- I understand, although highly unlikely, it is possible that I will not experience any noticeable result from the procedure
- Particular results cannot be guaranteed, given that each body may react differently
- I understand that sun exposure, as well as not adhering to the post treatment instructions provided to me may increase my chance of complications
- I consent to photographs being taken and used to evaluate treatment effectiveness, for medical education, training, professional publications, or sales purposes
- Before and after-treatment instructions have been discussed with me. The procedure, potential benefits and risks, alternative treatment options, and a customized skincare plan has been explained to my satisfaction
- I have read and understand all information presented to me before consenting to treatment and I have had all my questions answered

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