# KORIN KORMAN | Body+Beauty Lab

## DERMAPLANING

There is no pain or discomfort during the Dermaplaning procedure.  It is best to relax and allow the Medical Aesthetician to move and manipulate the position of your head and face.  Try to remain still. There is no gum chewing allowed during the treatment and talking will be restricted by your Medical Aesthetician at certain key times during the treatment. For best results, Dermaplaning treatments are recommended every 3 to 5 weeks.

## PRE-TREATMENT CARE:

Please let your Medical Aesthetician know if:

1.  You are on any medications (topical and/or oral).

2.  Have any medical conditions.

3.  Are being treated by a physician for any conditions.

4.  Have been diagnosed with cold sores or herpes simplex.

**No shaving, peels, waxing or aggressive exfoliations one week prior to Dermaplaning treatment.**

**You should wait 7 days after receiving Botox® or Dermal Fillers to receive Dermaplaning treatment.**

## POST-TREATMENT CARE:

Please review the following information:

1.  No sun exposure for a minimum of 3 days post treatment.

2.  Apply SPF 30 or greater, reapply often, wear a wide brimmed hat, seek shade when possible. Use of sunscreen is highly recommended post-treatment.

3.  Avoid excessive heat, heavy workouts, steam rooms and saunas 3 days post treatment.

4.  Avoid chlorine for 24 hours.

5.  Avoid facial waxing for 7 days.

6.  Avoid Botox and Dermal Fillers for 2 to 4 weeks based on area.

7.  Do not pick, scratch or aggressively rub the treated area.

8.  No scrubs, polishers or aggressive brushes be used 7 to 14 days.

9.  Do not apply serums with active ingredients such as Retinol for 48 hours post treatment. Alpha and Beta Hydroxy Acids may be resumed 48 hours after treatment.

10.  Use gentle facial cleanser only.

11.  Apply moisturizer at least twice daily for a minimum of 7 days post treatment.

12.  You may experience slight peeling for the first few days. Slight windburn sensation and/or blotchiness are normal for the first few days.  Skin care products may tingle or slightly burn for the first 48 hours.