DERM & MANE
Medical Aesthetics

Dermaplaning: pre- and post-care

Client name: _____ Date: _____

Practitioner: _____ Treatment area: _____

About your treatment: Dermaplaning is a form of physical exfoliation that uses a sterile, single-use blade to remove surface dead skin cells and fine vellus hair (peach fuzz). Your skin may be temporarily more sensitive afterward. Following these instructions helps support skin comfort and recovery.

Before Your Appointment

- ☐ Arrive with clean skin if possible. Avoid heavy makeup, oils, or irritating products on the treatment area on the day of your appointment.
- ☐ For approximately 3-5 days beforehand, avoid exfoliating scrubs, AHAs/BHAs, retinoids, benzoyl peroxide, and other potentially irritating active products on the treatment area, unless your practitioner or prescriber advises otherwise.
- ☐ Avoid waxing, depilatory creams, aggressive shaving, or other procedures that may irritate the treatment area before your appointment. Do not remove peach fuzz yourself immediately beforehand.
- ☐ Avoid excessive sun exposure and tanning. Do not attend with sunburn, a rash, open cuts, or visibly irritated skin in the treatment area.
- ☐ Tell your practitioner about allergies, skin sensitivities, active acne or cold sores, eczema, psoriasis, rosacea, recent procedures, and any history of unusual scarring or pigmentation changes.
- ☐ Disclose medications and skincare products, including prescription retinoids, current or recent isotretinoin, topical steroids, acne treatments, and blood thinners. Do not stop prescribed medication without speaking to your prescriber.
- ☐ Let your practitioner know if you are pregnant or breastfeeding, immunocompromised, undergoing medical treatment, or have a condition that may affect healing. A suitability assessment may be needed.

After Your Appointment

- ☐ For the first 24 hours: Keep your routine gentle. Avoid makeup if possible, excessive sweating, strenuous exercise, saunas, steam rooms, hot tubs, and very hot water on the treated area.
- ☐ Cleanse gently with a mild, non-exfoliating cleanser and lukewarm water. Pat dry with a clean, soft towel-do not rub.
- ☐ Apply a gentle, fragrance-free moisturizer recommended by your practitioner. Avoid introducing new or potentially irritating products while your skin settles.
- ☐ For approximately 3-5 days, or longer if your skin remains sensitive, avoid retinoids, AHAs/BHAs, exfoliating scrubs, benzoyl peroxide, strong vitamin C products, and other active ingredients unless your practitioner advises otherwise.
- ☐ Do not pick, rub, or aggressively exfoliate the skin. Avoid another exfoliating treatment, peel, waxing, or energy-based procedure until your skin has recovered and your practitioner has cleared it.
- ☐ Protect your skin from the sun. Use broad-spectrum SPF 30 or higher that your skin tolerates, reapply as directed, seek shade, and avoid tanning.
- ☐ Resume your regular skincare routine gradually once redness or sensitivity has settled. If unsure when to restart an active product, check with your practitioner.

What Is Normal?

Mild temporary redness, slight sensitivity, or a feeling of tightness can occur. Your skin may feel smoother immediately. Reactions vary. Significant pain, persistent burning, or extensive skin injury is not expected.

When To Contact The Clinic

Contact the clinic if you experience worsening or persistent redness, increasing pain, significant swelling, blistering, open/raw areas, or a reaction that concerns you. Seek prompt medical assessment for spreading redness or warmth, pus, fever, or signs of infection. Seek emergency care for difficulty breathing or swelling of the lips, tongue, or throat. IMPORTANT: These are general care guidelines. Your practitioner may adjust them based on your skin, medical history, and the products or procedures used. Follow your individualized instructions if they differ. Dermaplaning is not appropriate for every skin condition; contact the clinic before your appointment if your skin becomes irritated or you develop a new lesion.

Client Acknowledgement

I have read and understand these pre- and post-care instructions. I have had the opportunity to ask questions and understand that I should contact the clinic if I have concerns or an unexpected reaction.

Client signature: _____ Date: _____

Practitioner: _____ Date: _____