



### DERMAPLANE TREATMENT FAQs

Dermaplaning is a deep exfoliation of the top layer of skin. It involves using a surgical scalpel and a delicate feathering stroke touch to remove all traces of dirt, debris and dead skin cells, along with all vellus hair (peach fuzz). It's pain free, has no adverse side effects and becoming hugely popular in the cosmetic industry!

#### **A dermaplane facial possesses many benefits:**

- Removes vellus hair (peach fuzz)
- Increases collagen production.
- Allows a flawless, blank canvas for makeup application.
- Reduces uneven, dry or rough patches of skin.
- Reduces blemishes and blackheads.
- Combats sun spots and uneven pigmentation.
- Allows for deep penetration of masks and product.
- Brightens dull and uneven skin tones.

#### **How does dermaplaning work?**

A dermaplaning session is a physical exfoliation procedure. The session includes the use of a sterile, surgical scalpel to gently "shave" the skin's surface using feathering strokes, therefore removing the top layer of dead skin cells along with any fine, vellus hair.

#### **How many dermaplaning treatments will I need?**

Dermaplaning treatments are performed every 3 to 4 weeks. This is the minimal break required between treatments. The skin needs to complete its normal and full rejuvenation cycle, around 30 days, before having your next session. This is because the dermaplane procedure removes between 2 and 3 weeks' worth of dead skin cells from the area.

#### **Does dermaplaning hurt?**

No, this is a pain free, relaxing treatment.

#### **Once vellus hair is removed, will it grow back quicker and thicker?**

No, this is physiologically impossible. The soft, fine vellus hair will grow back slowly and most importantly in the same condition in around 4 weeks.

## **Are there any side effects of dermaplaning?**

Slight redness is common after the procedure however there is no downtime, therefore you can go about your normal daily activities immediately.

## **The pre-treatment advice for dermaplaning:**

- Do not use any Retin-A or exfoliating products 24-72 hours prior to treatment.
- Avoid sun tanning, tanning creams or sprays for at least a week prior.
- You must not have recently had laser surgery.
- Ensure that you have not used Accutane within 6 months prior to treatment.
- You must not have had Botox or filler within the last 14 days.
- Refrain from waxing 72 hours prior to treatment.

## **Dermaplaning Contra-indications:**

A contra-indication means that the you may not be suitable for this treatment or you have a condition which requires a Doctor to give their approval before treatment is performed.

The contra-indications to a dermaplaning treatment:

- Diabetes - not controlled by diet or medication.
- Cancer - Undergoing treatment.
- Accutane.
- Blood thinners.
- Grade 3 Acne.
- Cold sores.
- Sun and wind burnt skin.
- Vascular Lesions.
- Rosacea.
- Scleroderma.
- Spider veins.

## **What is the aftercare advice following a dermaplaning session?**

- You may initially experience redness, light peeling, flaking, tingling and itching.
- When applying products, it may tingle and you therefore understand that this is common but temporary.
- Some light abrasion of the skin following treatment may be experienced.
- You should wear SPF after having a dermaplaning treatment.
- When treating acne, consequently the treated areas have a risk of “break out”.
- Wear additional moisturiser initially to combat any dryness or flaking.

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