DERMAPLANING AFTERCARE INSTRUCTIONS

For the first 24 hours after a dermaplaning service, avoid the following to prevent skin irritation:

- Touching or scratching the treated area
- Hot baths or showers (cool or lukewarm water only)
- Saunas, hot tubs, pools, or steam rooms
- Massage or friction in the treated area
- Rubbing your skin dry
- Tanning (sunbathing, sun beds, or fake tans)
- Exfoliating the treated area
- Exercise or other activities which cause you to sweat
- Applying products to the treated area (including make-up, lotions, soaps, powders, perfumes, harsh cleaning products, and self-tanning products)

For the first two weeks after a dermaplaning service, avoid the following to prevent skin irritation:

- Booking in any other facial treatments
- Direct sun exposure
- Complicated skincare routines. Simply use water and/or a very mild cleanser.

It is important to moisturize your freshly exfoliated skin regularly to rehydrate it. Try to avoid direct sun exposure for 2 weeks post-treatment and then use sunscreen (SPF 30+) to protect your delicate facial skin.

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