

Dermaplane Exfoliation Pre & Post Care

Pre-Treatment Care

To ensure safe treatment and optimal results:

- Discontinue retinoids (Retin-A, tretinoin) and exfoliating products (glycolic, salicylic, lactic acids, physical scrubs) for 2–3 days prior
- Avoid waxing, tweezing, or depilatory creams in the treatment area for at least 7 days prior
- Limit sun exposure and avoid tanning beds for 1 week prior
- Skin must be intact and healthy:
 - No sunburn
 - No open cuts, irritation, or rashes
 - No active cold sores (HSV)

| If any of the above are present, your treatment may need to be rescheduled

Post-Treatment Care

Your skin will be freshly exfoliated and more sensitive—gentle care is key.

Skincare

- Use a gentle cleanser with cool or lukewarm water
- Cleanse with hands only—avoid washcloths, brushes, or exfoliating tools
- Apply a hydrating moisturizer to support the skin barrier
- Avoid:
 - Retinoids and exfoliating acids (AHA/BHA) for 2–3 days
 - Harsh toners, scrubs, or active products

Sun Protection (Essential)

- Apply broad-spectrum SPF 30+ daily
- Reapply every 2 hours when outdoors
- Avoid prolonged sun exposure and wear protective hats when possible

Activity & Heat

Avoid for 24–48 hours:

- Strenuous exercise
- Saunas, steam rooms, and hot tubs

- Excessive heat and sweating

Makeup

- Avoid makeup for 24 hours to allow the skin to fully recover
- When resuming, ensure brushes and products are clean

What to Expect

- Skin will feel smooth, soft, and more radiant immediately
- Mild pinkness or sensitivity may occur for a few hours
- Temporary increased sensitivity to products and sun is normal

When to Contact RN Esthetics

Please notify us if you experience:

- Persistent redness or irritation beyond 48 hours
- Signs of infection or unexpected reaction
- Any concerns with healing or sensitivity

Pro Tip

Dermaplaning enhances product absorption—this is the perfect time to incorporate medical-grade skincare to maximize your results and glow.