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DERMAPLANE PRE, POST & CONSENT

www.hattyjanebeautyandskinclinic.com

Dermaplaning is a method of exfoliation that consists of using a surgical scalpel to gently scrape off the top layer of dulling dead skin cells in order to reveal a smoother, brighter complexion.

The procedure aims to give facial skin a smooth, youthful, and radiant appearance. As well as smoothing skin and removing “peach fuzz,” it is also known to help minimise the look of scars, sun-damaged skin, and small wrinkles.

Multiple treatments are required in order to obtain optimal results spaced 4-6 weeks apart.

PRE CARE:

- Do not use active topicals that may increase the sensitivity of your skin such as retinoids, exfoliants, topical antibiotics or acids 3 days prior to your treatment.
- Avoid ANY other facial treatment at least 7 days prior to your treatment.
- Avoid extensive sun exposure / the use of tanning beds at least 7 days prior to your treatment.
- Likewise, avoid Hair Removal at least 7 days prior to your treatment.
- In addition, please make sure you are not wearing makeup on the day of your treatment.

WHAT TO EXPECT:

- Straight after your appointment your skin may feel a little sensitive and over the next few days you may experience some dryness/flaking and a 'tight' feeling to your skin.
- If you have a lighter skin complexion, your skin also may appear a little flushed.

AFTERCARE ADVICE:

- Do not wash your face or apply any skincare products for 12 hours
- To minimise dryness, skip out on any 'active' products for 3 days after. (i.e Retinal + Acids)
- Do not apply makeup for 12-24 hours. Once 24 hours has passed and you wish to wear makeup, please ensure your brushes are clean and sanitised
- Avoid exercise / sweating for 24 hours
- Avoid swimming, sauna's and spa environments for 72 hours
- Sleep on a clean pillowcase at night. Preferably Silk / Satin
- Make sure that you are also avoiding direct sun exposure. Especially tanning beds. (Preferably forever! But if you must, please wait 14 days)
- Make sure to keep your skin well hydrated with a protective moisturiser. Apply it twice daily or more often if needed to reduce any dryness.
- Do not use scrubs, loofahs, exfoliating sponges or other means of mechanical exfoliation on your face for 7 days.
- Drink LOTS of water!

CONSENT:

Contraindications:

- Herpes Simplex (cold sores or fever blisters) An anti-viral medication may be necessary prior to treatment
- Dermatitis
- Open skin lesions
- Uncontrolled diabetes
- Extensive sun or tanning 7 days prior and 7 days post treatment
- Roaccutane in the past 6 months to 1 year
- Prescription topical retinol products in the past 14 days
- Waxing of area to be treated in the past 7 days
- Skin must be healthy and intact
- An allergy to aspirin
- Active Infections (skin)
- Allergy/Hypersensitivity to certain skincare ingredients / topicals
- Blood thinning medication
- Light Sensitive Medication
- Antibiotics (which can make you light sensitive)
- Epilepsy / Seizures triggered by light
- Photosensitive disorder
- Pregnancy
- Anti arthritic medication such as Ridaura, Gold 50.

I am aware of the following risks/complications that may occur:

- Slight redness / flushed skin
- Sun sensitivity
- Skin sensitivity
- Pigment changes
- Breakouts
- Irritation / Dryness
- Allergic reaction
- Bacterial infection

✓ I understand that the treatment may involve risks of complication or injury from both known and unknown causes, and I freely assume those risks. Prior to receiving treatment, I have been candid in revealing any condition that may have a bearing on this procedure.