

Aftercare & Advice: Dermaplaning



Dermaplaning is an advanced skin care treatment reformed to treat skin concerns including acne, scarring, deep pores and fine lines/wrinkles. Dermaplaning is a manual resurfacing and deep exfoliating treatment to remove dead skin cells and hair that traps in oil and dirt.

Normal skin reactions include redness, stinging and tingling.

Skin complaints may look and feel worse before improvements are seen and a course of treatments are needed to gain desired results.

The following aftercare advice must be adhered to avoid any side effects or complications:

- Refrain from touching your face with your hands for the next 8 hours.
- Avoid peeling off any loose flakes of skin or peeling skin that may appear.
- Avoid facial products containing fragrance for the next 3-5 days.
- Avoid make up for the next 8 hours.
- Do not scrub or exfoliate your skin or use resurfacing/peeling treatments for the next 2 weeks.
- Use an intensive moisturiser for at least 1 week.
- Always wear a SPF of at least 30 every day.
- Avoid waxing, epilation, bleaching or laser hair removal for at least 3-5 days.
- Avoid swimming, steam rooms or saunas for 3-5 days.
- Always refrain from using sunbeds.

To maintain your skin or get optimal results from your advanced skin care treatment, your clinician may advise a skin care tailored to you.

Aftercare & Advice: Blue Peel RADIANCE



How do I care for my skin post peel?

Mild peeling and redness is normal. Please consult with your physician prior to returning to your normal skin care regime (usually 5-7 days after application of Blue Peel RADIANCE)

- Use sunscreen with an SPF of at least 30 at all times, especially for the week post peel. Recommend Sunshield SPF50
- Hydrate or Hydrate Luxe can be used as a moisturiser.
- Avoid direct sun exposure
- Treat the skin gently
- Do NOT exfoliate or pick at peeling skin
- Do NOT wax or use any form of hair removal during the peeling stage
- Avoid AHAs & BHAs, retinoids, facial products containing fragrance for 1-week post peel

Common contraindications include

- Active cold sores, herpes simplex or warts in the area to be treated
- Wounded, sunburned or excessively sensitive skin with the application area
- Currently pregnant or breastfeeding
- Dermatitis or inflammatory rosacea within peel area
- Accutane use within 6-12 months' prior the peel application
- History of radiation therapy in the application area
- Allergy to salicylates

Aftercare & Advice: Microneedling



The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment.

Please follow the aftercare advice for microneedling.

- The treated area of skin may feel slightly tender and appear red and swollen afterwards. You may occasionally experience skin peeling and appearances may be similar to mild sunburn. These effects will resolve naturally and should be much improved after 48 hours but may take longer to settle. You may experience some minor bruising which may take 1-2 weeks to resolve in some cases.
- Use a mild cleanser with tepid water to clean your face for 3 days after the treatment and gently dry the treated area. Keep your hands clean when touching your face.
- Avoid any perfumes, fake tan or other harsh chemicals for 72 hours after treatment.
- Avoid any makeup for 24 hours after treatment as this can increase the risk of infection.
- Avoid rubbing or picking the treated area.
- Avoid any skin exfoliation for 72 hours following treatment.
- It is important to use a regular moisturising cream around two to three times a day on the treated area. Use more regularly if you feel the skin dry or peeling.
- Avoid any products that contain alpha hydroxy acids, retinol, and glycolic acid for at least 7 days after treatment.

- Avoid strenuous exercise, saunas, sunbeds and exposure to heat for 72 hours after treatment. These can cause sweating which can irritate the delicate skin and slow down your ability to heal quickly.
- Avoid swimming for 72 hours after treatment.
- Avoid any excess alcohol or caffeine for 48 hours after treatment.
- Wear SPF 30 or greater sunscreen for at least 2 weeks following treatment as your skin will be more sensitive to sunlight afterwards.
- Avoid any further cosmetic treatments e.g. Botox or dermal filler for 2 weeks following treatment, or ask your practitioner for advice.
- Avoid any hair removal treatments such as waxing for 2 weeks after treatment or until the initial redness and swelling has resolved.
- You must seek medical attention and contact your practitioner if you experience any signs or symptoms of infection after treatment. Infection can present as hot, red shiny skin, there may be pus formation and you may have a fever or feel generally unwell.
- You must contact your practitioner as soon as possible if you notice any other unwanted side effects.
- Your practitioner will advise when further treatment appointments are required. If you are advised to attend a follow up appointment, please do make every effort to attend them. You should do this even if you believe that the recovery process is going well and you cannot see that there are any visible complications. It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.