EVEXIA
Wellness Spa

Pre/Post Instructions for Dermaplaning 7-7-25

Dermaplaning Contraindications:

The below list is not a conclusive list of contraindications & we recommend you have doctor consent prior to receiving dermaplaning sessions.

• Active acne • Active infection of any type, such as herpes simplex or flat warts. • Any raised lesions • Any recent chemical peel procedure • Chemotherapy or radiation • Eczema or dermatitis • Family history of hypertrophic scarring or keloid formation • Hemophilia • Hormonal therapy that produces thick pigmentation • Moles • Oral blood thinner medications • Pregnancy • Recent use of topical agents such as glycolic acids, alpha-hydroxy acids and Retin-A • Rosacea • Scleroderma • Skin Cancer • Sunburn • Tattoos • Telangiectasia/erythema may be worsened or brought out by exfoliation • Thick, dark facial hair • Uncontrolled diabetes • Use of Accutane within the six months • Vascular lesions

Pre-Treatment Instructions

The pre-treatment advice is key to getting the best possible results from your treatment. It also helps prepare your skin for the dermaplaning session. Having skin that is clean and prepared for treatment will maximize your results, therefore it is important they follow the guidelines given below:

● Please discontinue any products containing active ingredients 7 days prior to treatment, such as: Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipo hydroxy acids) and Benzoyl Peroxide. Avoid hydroquinone for 3 days before your treatment
● Please show up to your treatment appointment with no makeup on.
● Avoid sun exposure (including tanning beds) for at least 14 days prior to treatment. Avoid sunless tanning creams or sprays on the treated area for 14 days prior.
●No waxing, depilatory creams, or electrolysis to the area being treated for 5 days prior.
● Avoid Aspirin, Motrin, Ibuprofen, Fish Oils, Vitamin E, and other blood thinners 5-7 days before your treatment. If you are on a prescribed blood thinner, consult with your physician prior to treatment.
●Avoid IPL/Laser procedures for at least 2 weeks prior to your procedure.

Post-Treatment Instructions

The post-treatment advice is key to getting the best possible results from your session, you are strongly encouraged to follow these guidelines
● Use a gently cleanser and moisturizer daily to help reduce the appearance of redness.
● Direct sunlight exposure is to be completely avoided immediately following the treatment (including any strong UV light exposure or tanning beds).
● Although SPF 30+ should already be a part of your daily skin care, after dermaplaning, SPF 30+ must be applied daily to the treated area for a minimum of two weeks.
● Avoid excessive heat 2-3 days after your treatment, such as heavy workouts, steam rooms or saunas.
● Avoid facial waxing for 7 days.
● Do not use scrubs, polishers, or aggressive brushes for 7-14 days after your treatment.
● Dermaplaning can increase penetration of products so avoid any products containing tretinoin, retinols, alpha-hydroxy acid (AHA), beta-hydroxy acid (BHA) for 1 week post treatment as increased sensitivity can occur.
● Avoid chlorine for 24 hours.
● Avoid applying makeup immediately after dermaplaning.