



dermalogica

dermaplaning

post-treatment instructions

Aftercare is critical for achieving your healthiest-looking skin, so we want to make sure you know exactly what to do.

at least 3 days after

- Avoid sun exposure as much as possible.
- Wear a protective hat and Broad Spectrum physical sunscreen, such as Super Sensitive Shield SPF 30, to guard against incidental sun exposure while driving, walking, etc.

up to 48 hours after

- Avoid excess heat (hot showers, heated pools, saunas) and all exercise.
- Avoid chlorine for 24 hours.

up to 2 weeks after

- Avoid waxing and/or use of chemical depilatories.
- Avoid any type of chemical peels in the treatment area.

up to 4 weeks after

- Continue to avoid sun exposure, as well as tanning beds and self-tanning products. Active tanning (natural or artificial) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months or may even be permanent.
- Avoid dermal fillers or Botox near the treatment area.

Should you have any concerns after your treatment, please contact your Dermalogica skin therapist.