

Dermaplane Post-Treatment Care

Dermaplaning leaves the skin exceptionally smooth and receptive, but also more delicate in the first 24–48 hours. Follow these guidelines to support proper healing and maximize your results.

FIRST 24–48 HOURS

- Cleanse with a **gentle, non-active cleanser only**
- Avoid sun exposure, heat, hot showers, saunas, steam rooms, and intense workouts
- Avoid makeup for the best results; if needed, use **clean tools and mineral-based products**
- Apply a broad-spectrum **SPF 30+** daily and reapply every 2 hours when outdoors
- Do **not** use scrubs, washcloths, cleansing brushes, or exfoliating tools

3–5 DAYS AFTER TREATMENT

- Avoid retinol/retinoids
- Avoid glycolic, salicylic acid, benzoyl peroxide, or any chemical exfoliants
- Avoid resurfacing pads or enzymes
- Continue using a gentle moisturizer to support barrier repair

WHAT TO EXPECT

- Skin may feel extra smooth, slightly tight, or sensitized
- Mild flaking can occur—**do not pick or exfoliate**
- Makeup will apply more evenly once the skin settles

WHEN TO CONTACT US

Reach out if you experience:

- Persistent redness beyond 72 hours
- Rash or hives
- Peeling that becomes painful
- Signs of infection (warmth, drainage, increasing tenderness)

Call: 269-354-2064

Email: info@alamarmedspa.com

We're here to support you. Enjoy your beautifully refreshed skin!