

Pre & Post Care Instructions

Dermaplane

Pre-Care:

- Avoid retinoids & exfoliants for 3-5 days prior.
- No abrasive/ablative services 5 days before procedure
- Come with clean skin—no makeup.
- Stop facial waxing at least 1 week before.
- Discontinue Accutane for 6 months prior (physician required).

Post-Care:

- Avoid active skincare (retinol, AHA, BHA, benzoyl peroxide) for 3 days.
- Use a gentle cleanser & hydrating moisturizer. [AW Hyaluronic Serum](#) & [AW Cleansing Milk Sensitive](#)
- No makeup for 24 hours.
- Sleep on clean sheets/pillow cases
- No workouts for 24 hours
- Avoid direct sun & heat exposure for 48–72 hours.
- Apply SPF daily.