



Advanced
Practice
Dermatology LLC

About Dermaplaning

WHAT IS DERMAPLANING? Dermaplaning is a method of exfoliation that uses a 10-gauge scalpel to gently remove the layer of dull, dead skin cells and vellus hair to reveal a smoother, brighter complexion.

WHO CAN HAVE DERMAPLANING? Dermaplaning is recommended for all skin types except those with active breakouts and men with dense facial hair. If you have active acne, other treatments are available that would be more beneficial. It is necessary to wait until breakouts are healed before trying this treatment. As always, also discuss any allergies or skin sensitivities before starting a treatment. This is an excellent treatment if you are pregnant or nursing and want exfoliation without using chemicals.

HOW IS A DERMAPLANING DIFFERENT FROM A PEEL? Dermaplaning is a manual exfoliation process that does not use acids or enzymes to remove dead skin cells. All of the exfoliation is achieved during your treatment, and you will not peel or visibly shed skin after your service, whereas chemical peels can result in dramatic peeling in the days following service. Dermaplaning provides an excellent alternative to peels for those who desire professional-grade exfoliation without the potential social downtime.

WHAT SHOULD I EXPECT DURING MY SERVICE? Dermaplaning is a painless treatment that includes deep cleansing and professional exfoliation in the form of dermaplaning followed by restorative treatment and finished with skincare suited to your unique skin. Dermaplaning has a similar sensation to a close shave, which removes vellus hair and dead skin cells simultaneously.

HOW LONG IS THE TREATMENT? 30 - 45 minutes.

WHAT SHOULD I EXPECT AFTER MY SERVICE? You'll immediately look more radiant with a more even skin tone and texture. While the main objective of this treatment is exfoliation, the immediate removal of peach fuzz is an added benefit that renders the skin exceptionally smooth and soft. Skincare products are better able to penetrate the skin following a dermaplaning service which allows them to work more efficiently. Your cosmetics will also go on smoother. After the treatment, your skin will be highly sensitive to sun exposure and may look pink, so be sure to wear a broad-spectrum sunscreen with SPF 30 or higher to reduce the risk of hyperpigmentation. Aerobic exercise or vigorous physical activity, or excessive heat should be avoided until all redness has subsided, usually 24 hours.

HOW SHOULD I CARE FOR MY SKIN AFTER A DERMAPLANING SERVICE? After a Dermaplaning treatment, your skin needs time to heal and restore. Treat the skin gently, using a gentle cleanser and moisturizer for at least 2 days and wearing sunscreen every day. Avoid waxing, scrubs, or exfoliators for 1 week. Avoid chlorine for 1 week. No make-up for 24 hours.

WILL MY HAIR GROW BACK THICKER AND DARKER? No, dermaplaning will not alter your natural hair growth. As we remove the vellus hair, we are cutting it at the thickest part of the hair follicle so it may appear thicker or darker for a brief period of time. However, this perceived difference is cosmetic, and most clients do not notice.

RECOMMENDED COURSE FOR OPTIMAL RESULTS? Dermaplaning removes 21 days' worth of dead skin cells, so it is best to allow the skin to complete its rejuvenation cycle before your next treatment. Dermaplaning is recommended every 3-4 weeks.