

DERMAPLANING

Treatment Information

BEFORE DERMAPLANING

- Accutane should be stopped for 6-12 months prior (as per Health Canada guidelines).
- Within 14 days of the appointment, refrain from having Botox/Filler/Chemical Peels/Laser Treatments.
- Within 7 days of your appointment, stop using Retinol, Retin-A or Vitamin A, or acidic products such as Alpha Hydroxy Acid (AHA), Beta Hydroxy Acid (BHA), Glycolic or Salicylic Acid.
- Call to postpone if you have inflamed acne, open cuts or scratches.

DURING DERMAPLANING

- Your skin is gently cleansed, and our skin care specialist gently skims away the dead skin with a surgical grade, sterile, #10 scalpel blade. The scalpel blade is carefully stroked along the skin at an angle to effectively "shave off" the dead skin cells and any fine vellus hair (peach fuzz). At the same time, some superficial blackheads are often removed with this same technique.

AFTER DERMAPLANING

- There is minimal to no recovery time needed, but you may experience slight redness for a few days after treatment.
- On the day of the treatment (or if redness/sensitivity is present) avoid hot environments (sunny days outdoors/tanning beds/saunas/hot tubs or showers) or vigorous exercise.
- Use the post-care treatment products for 7 days.
- Refrain from sun exposure for 2 days and use SPF 30 or higher when outdoors.
- Do not pick, scratch, pull, or rub your skin as this will harm it and can scar/lead to pigmentation changes.
- Refrain from Botox, filler, strong chemical peels or laser treatments for 2 weeks.

CONSENT FORM

CLIENT'S FULL NAME: _____

TREATMENT DATE: _____

I understand that dermaplaning:

- Involves the use of a surgical blade
- Exfoliates the top layer of dead skin and removes vellus hair (peach fuzz)
- May cause redness to the areas treated
- May feel tight and dry for 1-2 days following the treatment
- Will not cause hair regrowth to appear darker or denser
- Should not be done if I am under great physical or mental stress

To determine if I am a good candidate, I have disclosed to the medi-spa professional if:

- I have taken Accutane within the last 6-12 months (Accutane causes dryness and thins the skin, so it is not advisable to proceed).
- I have recently used Retin A, Vitamin A, or Retinol (it is recommended to stop the use of these products for 7 days before and 7 days after).
- I have open cuts, scratches or any form of rash.
- I have had facial surgery within the last 3 months.
- I have had Botox, filler, or chemical peels, or laser treatment within the last 2 weeks.
- I am undergoing cancer treatments.
- I have epilepsy.
- I have a tendency to form raised or keloid scars.
- I have non-controlled diabetes or a hormone imbalance.
- I take a blood thinner or I am hemophilic.
- I have active or frequent cold sores.
- I have psoriasis, eczema, or another form of dermatitis.
- I have raised acne or lesions (like age spots, seborrheic keratosis, or other moles). These may be nicked and cause bleeding if trying to treat close to those areas (or they can be avoided).
- I have very sensitive skin or rosacea.
- I have a sunburn.

Risks of dermaplaning:

- Due to the sharp scalpel blade there is a possibility of nicks, cuts, bleeding, or scarring. If this happens, you will be informed immediately, and first aid will be administered as necessary.
- Redness or dryness can occur for, in most cases 1-2 days, but could last longer.
- If a chemical peel follows this treatment, I understand that the sensation and penetration of the peel will be enhanced. Enhanced intensity may cause skin irritation, mild discomfort, tenderness, lightening or darkening of the skin, infection, scarring, peeling, and activation of cold sores.

I CERTIFY THAT I HAVE READ, AND HAVE HAD EXPLAINED TO ME, AND FULLY UNDERSTAND THE ABOVE CONSENT FORM.

CLIENT'S SIGNATURE: _____

AESTHETICIAN'S SIGNATURE: _____