



# Dermaplaning Pre and Post Care

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## AB CLINICAL

Please read the below and follow closely to get the best results from your AB Clinical Dermaplaning treatment.

If you experience any side effects or have any Questions, please contact our head clinician Adam Bowen at [adam@abclinical.co.uk](mailto:adam@abclinical.co.uk) or 07731751154.

### Pre-Treatment:

- Please discontinue products containing any exfoliating agents (retinoic acid, tretinoin, retinol, benzoyl peroxide, glycolic acid, salicylic acid, astringents, etc.) 24-48 hours before treatment.
- A history of herpes or cold sores may require a course of anti-viral medication pre and post treatment.
- Your provider will recommend appropriate products to help enhance results and/or minimize potential side effects.

### Post Treatment:

- You may experience slight redness and swelling, which should resolve within 24 hours.
- Mineral make-up can be worn immediately following treatment.
- Avoid heat, saunas, hot tubs and sweaty activity for 24 hours; this includes exercise of any kind.
- Avoid products containing any exfoliating agents (retinoic acid, retinol, tretinoin, retinol, benzoyl peroxide, glycolic acid, salicylic acid, astringents, etc.) for 24 hours after treatment.
- You may resume your regular skin care routine 24 hours after treatment.
- Wear SPF 30 to 50 every day for one week post treatment.