



## Dermaplaning Pre & Post Information

At Fresh Laser Skin Studio, we want to ensure to give you the best experience and most effective treatment possible. In order to receive the best results, please be aware of the following points prior to your treatment and contact us if you have any questions.

Dermaplaning is a dual action skin revitalizing treatment that removes dead skin cells and vellus(fine) hair from the surface of your skin. This form of exfoliation smooths the skin and allows for the active ingredients in pharmaceutical grade skincare products to penetrate deeper into the skin, furthering their anti-aging benefits.

The dermaplaning treatment involves the use of a sterile, disposable surgical blade to remove the dead skin cells and vellus hair from the surface of your skin.

Please note this procedure is purely elective, the results may vary with each individual treatment, multiple treatments may be necessary to achieve optimal results, and no guarantees of individual results can be made. The goal of this treatment, as in any cosmetic procedure, is improvement not perfection.

### **Pre Treatment:**

- Neurotoxins(such as Botox, Dysport or similar product) and/ or fillers should be administered post-treatment, or a minimum of 2 weeks prior to your treatment for neurotoxins and 4 weeks prior for fillers.
- Do not use any products containing Retin-A, retinol (or other active ingredients) 3-5 days prior to treatment to prevent any irritation
- Must not have taken Accutane for a minimum of 6 months
- Must agree to wear a minimum SPF 30+ physical(mineral) sunblock daily(SPF 50 preferred) as your skin will be more photo-sensitive after dermaplaning
- Dermaplaning is safe to have during pregnancy

### **Post Treatment:**

- Redness, may be apparent immediately after and gradually subsides shortly after treatment.
- Skin will be more photo sensitive after your treatment and a minimum SPF 30 physical sunblock (SPF 50 preferred) should be applied daily and reapplied as necessary.
- Do not use loofas or other exfoliating devices and products for a minimum of 3 days after your treatment to avoid causing irritation.
- Do not use any products containing active ingredients such as Retin-A, retinol, glycolics or salicylics for 3 to 5 days following treatment, as they may cause irritation.
- DO NOT PICK the area. Avoid picking and scratching the treated area to achieve best results and to prevent skin from scarring.
- Makeup may be used after the treatment. It is recommended to use mineral makeup to reduce clogging of the pores and prevent any further irritation
- Please contact us via email ([info@freshlaser.ca](mailto:info@freshlaser.ca)) or phone (403-264-4494) with any questions or concerns you may have after your treatment.

Specializing in your skin care needs!  
Thank you.



## **Dermaplaning Pre & Post Information**

### **Potential and sometimes common side effects that may occur with Dermaplaning:**

- Possible irritation of the skin
- Vellus hair will not be 100% removed
- Surface of skin may feel more oily than usual for a few days following treatment
- Allergic reaction to the nickel in the blade
- May experience a minor breakout after the treatment
- Nicks, cuts to the skin

### **Complications and adverse reactions, although rare, that may occur with Dermaplaning include:**

- Pustules or pimples may develop in the first few days following treatment
- Hyper/hypopigmentation is rare, generally temporary if occurs
- There is an unlikely, but potential risk of allergic reaction to any gel or lotion that may be applied to the skin before or after treatment. Such risks include temporary swelling, itching, and formation of a rash
- Histamine/hives: some people may develop raised papules similar to hives, this usually subsides within a few hours
- Prolonged skin sensitivity, should be wearing a mineral SPF 30+ sunscreen daily
- Potential scarring, though rare

**Your consent form will contain the above listed potential and common sides affects, as well as the possible complications and adverse reactions. It will also contain the following statements that we will require you to acknowledge.**

I agree to contact Fresh Laser Skin Studio Ltd. if I have any questions or concerns/reactions with my treatment(s). I understand that 24 hrs notice is required for appointment cancellation or rescheduling; or I will be responsible for a cancellation fee of \$50.

I confirm that I have not used Retin A or Retinol topically in the treatment area, for a minimum of 3 days prior to my treatment or taken oral isotretinoin medicine (brand names include "Accutane"/ "Roaccutane"/ "Oratane"/"Nimegen", mainly used for acne treatment) in the past 6 months.

I am aware my results may vary with each individual treatment and multiple treatments may be required to achieve optimal results. There is no guarantee that my expected or anticipated results will be achieved, despite my technician's best efforts and there are no refunds for services rendered.

I understand and acknowledge all the possible risks/complications involved with the Dermaplaning treatment. I consent to receive Dermaplaning treatments performed by Fresh Laser Skin Studio, and will not hold Fresh Laser Skin Studio liable for any risks/complications regarding Dermaplaning treatments.

I certify that I have read and fully understand the above paragraphs. I have had the opportunity for discussion and all my questions have been answered to my satisfaction.

This signed consent will apply to all Dermaplaning treatments received within one year and I will notify Fresh Laser Skin Studio if there have been any changes in my health during this time.

**We look forward to providing you with the best results possible!**

Specializing in your skin care needs!  
Thank you.