



# TIMELESS

## SKIN SOLUTIONS

### **dermaplaning** **before & after treatment instructions**

#### **Before treatment:**

If you've started any antibiotics or other medications since your initial visit, please let us know. Avoid retinoids or retinols for at least 1 week prior to treatment if you have any skin irritation. Do not have other facial procedures, such as chemical peels, before treatment.

If you have an active cold sore you will need to postpone treatment. If you are prone to developing cold sores, contact our office at (614) 799-5100, and we will discuss the option of prescription prophylactic treatment.

Please inform our office if you are pregnant or nursing.

If you are experiencing an active acne breakout you will need to postpone this treatment.

#### **After treatment:**

Following your treatment, you can immediately return to your normal activities. Your skin will have a warm, pinkish glow that will usually fade in about 30 minutes, leaving your skin looking healthy and renewed.

For the first 72 hours post treatment, your skin is more vulnerable to irritation and damage. You may find that you are sensitive to products you usually use and tolerate well. If your skin feels more sensitive than usual, cleanse with a gentle, non-acid cleanser such as SkinMedica's Sensitive Skin Cleanser or SkinMedica's Facial Cleanser.

If significant flaking occurs, please call our office at (614) 799-5100. Avoid pulling on flaking skin.

Makeup may be applied as long as the skin is not broken. If the skin is broken, apply antibiotic ointment and contact our office.

You should always wear an SPF of 30 or greater when exposed to any sunlight.

While you may see visible results after the first treatment, lasting and more significant results will be seen after monthly treatments, supplemented by a recommended skin care regimen.

If you have any questions or concerns, please don't hesitate to call us at (614) 799-5100 or email [contact@timelessskinsolutions.com](mailto:contact@timelessskinsolutions.com). In case of emergency call 911.