



Prepare for Your Treatment

DERMAPLANING PRE-TREATMENT INSTRUCTIONS

About Your Treatment

Dermaplaning gently removes surface-level dead skin cells and fine vellus hair to reveal skin that looks smoother, brighter, and beautifully refined. Preparing your skin beforehand helps create the ideal canvas for treatment.

One Week Before Treatment

Pause Retinoids + Exfoliating Skincare

Unless otherwise directed by your Nude Medical provider, discontinue potentially irritating or exfoliating products approximately 5–7 days before your appointment, including:

- Retin-A® / tretinoin
- Retinol and other retinoids
- AHAs and BHAs
- Exfoliating acids or enzymes
- Physical scrubs or exfoliating devices
- Benzoyl peroxide or other potentially drying acne treatments

Your goal is to arrive with your skin barrier calm, comfortable, and intact.



The Days Before

Avoid Additional Exfoliating Treatments

Avoid chemical peels, microdermabrasion, facial waxing, or other treatments that significantly exfoliate or sensitize the treatment area.

Protect Your Skin From the Sun

Avoid excessive sun exposure, tanning beds, and intentional tanning. Apply broad-spectrum SPF daily and protect your skin with a hat when outdoors.

Two to Three Days Before Treatment

Avoid Hair Removal

Do not wax, thread, shave, or use depilatory creams on the treatment area.

Keep Skincare Simple

Avoid introducing new products or anything that causes dryness, irritation, redness, or peeling.



Before We Begin

Before Your Appointment

Please contact Nude Medical Aesthetics before your appointment if you develop:

- Sunburn
- Active cold sores
- Open skin, cuts, or abrasions
- Significant redness or irritation
- An active acne breakout with inflamed or open lesions
- A rash or skin infection

Your provider may recommend modifying or rescheduling treatment until the skin has fully recovered.

Day of Treatment

Whenever possible, arrive with fresh, clean skin.

Please avoid applying:

- Makeup
- Oils
- Heavy moisturizers
- Self-tanner
- Other topical skincare products

If needed, your Nude Medical provider will cleanse and prepare your skin before treatment.

Please let your provider know about any recent changes to your medications, prescription skincare, or skin health before your treatment begins.



After Your Treatment

DERMAPLANING POST-TREATMENT INSTRUCTIONS

Immediately After Treatment

Immediately after dermaplaning, your skin may appear exceptionally smooth, luminous, and refreshed. Mild pinkness, warmth, tightness, or sensitivity can occur and typically resolves quickly.

Because newly exfoliated skin may be temporarily more sensitive, thoughtful aftercare is essential.

First 24 Hours

Keep Your Skin Calm + Hydrated

Use a gentle cleanser and a simple, fragrance-free moisturizer to support the skin barrier.

Pause Active Skincare

Avoid:

- Retinol and retinoids
- AHAs and BHAs
- Exfoliating acids or enzymes
- Physical scrubs
- Benzoyl peroxide
- Strong vitamin C formulas
- Other potentially irritating active ingredients

Avoid Additional Exfoliation

Do not scrub, shave, wax, thread, or use exfoliating brushes or devices on the treated area.



The First Few Days

First 24 Hours (continued)

Limit Heat + Excessive Sweating

For the remainder of the day, avoid activities that may unnecessarily irritate freshly treated skin, including:

- Strenuous exercise
- Saunas
- Steam rooms
- Hot tubs
- Very hot showers

Makeup

For the most pristine post-treatment environment, we recommend allowing the skin to remain makeup-free for the rest of the day whenever possible.

For the Next 3–5 Days

Keep Your Routine Gentle

Cleanse with a gentle facial cleanser, moisturize generously, and avoid exfoliating or aggressive skincare until your skin feels completely comfortable.

Once sensitivity has resolved, active skincare may be gradually reintroduced unless your Nude Medical provider has given you different instructions.

Do Not Pick or Scrub

If you experience minor dryness or flaking, allow it to resolve naturally. Do not manually exfoliate the skin.



Protect Your Results

Sun Protection Is Essential

Freshly exfoliated skin is particularly important to protect from UV exposure.

Apply a broad-spectrum SPF 30 or higher every morning, and reapply throughout the day when outdoors. Whenever possible, minimize direct sun exposure and wear a wide-brimmed hat for added protection.

Consistent sun protection helps preserve your results and reduces the risk of unnecessary irritation or discoloration.

What to Expect

Following your treatment, you may notice:

- Smoother, softer-feeling skin
- A brighter, more luminous complexion
- More refined-looking texture
- Improved application of skincare and makeup
- Mild temporary pinkness or sensitivity

Dermaplaning removes superficial dead skin cells and fine vellus hair; it does not cause facial hair to grow back thicker, darker, or coarser.



We Are Here for You

When to Contact Us

Dermaplaning is typically associated with minimal downtime. Please contact Nude Medical Aesthetics if you experience:

- Redness or swelling that is increasing rather than improving
- Significant or persistent pain
- Blistering
- Unusual drainage
- Signs of infection
- Any skin reaction that concerns you

Call us at (707) 602-3809.

Optimize Your Results

Beautiful skin begins with a healthy skin barrier. Keep your skin hydrated, protect it diligently from the sun, and follow the personalized skincare recommendations provided by your Nude Medical team.

Your provider may recommend complementary treatments or medical-grade skincare to help maintain your smooth, polished, radiant result.