

lachele

AESTHETICS & WELLNESS

Dermaplane Post Treatment Instructions

- **Avoid heat** (*hot showers, saunas, intense cardio, etc.*) **for 24 hours** post treatment.
- If you do not need makeup for the evening of your treatment, it is recommended to wait until the next morning to apply.
- Topical prescriptive medications and OTC acne medications can be resumed after 48 hours.
 - Erythema and sensitivity may occur anywhere for 2-24 hours post treatment.
 - **Avoid Retin A, Tretinoin, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid, exfoliation, or any retinol product for 48 hours** post treatment (or until skin is back to baseline).
- Monthly facials are recommended. Your esthetician will work with you to recommend your next appointment.

If you have any questions or concerns, please call our offices at (855)522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com