



DERMAPLANE

PATIENT INFORMATION & AFTERCARE GUIDANCE

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DERMAPLANE TREATMENT INFORMATION

WHAT IS A DERMAPLANE TREATMENT?

Dermaplaning is an exfoliation technique that removes surface debris on the outermost layers of the skin with a modified surgical scalpel. This process is a minimally invasive, painless and safe treatment for the face. The exfoliation allows for cell renewal and also allows for better penetration of home and professional skincare products, optimizing their results. The procedure aims to give the skin a smooth, youthful, and radiant appearance. As well as smoothing skin, Dermaplane also helps to remove the fine vellus hair on the face. The results reveal a truly rejuvenated and healthy skin glow.

HOW OFTEN SHOULD I HAVE A DERMAPLANE TREATMENT?

Dermaplane treatments are patient specific depending on the concern and the desired outcome. It is recommended that a treatment is done every 2 – 4 weeks for optimum results. Dermaplane can also be added onto other treatments that we offer at Phi Clinic.

WHAT RESULTS CAN I EXPECT?

After you undergo the treatment, you will find your face smoother, since dead skin cells and vellus hair have been removed, leaving your skin looking fresh and radiant. It is important to understand that results last 2- 4 weeks, thus a follow up appointment should be booked to maintain the results.

PRE-TREATMENT INFORMATION:

Please remove all make up including eye make-up prior to arriving at the clinic. Your skin will be a little sensitive following the treatment. Make-up cannot be applied to the treated or surrounding area for 24 hours following treatment. Sun exposure to the area of treatment is a contraindication and so should be avoided 4 weeks prior to treatment. Fake tan is also contraindicated and should not be applied to the intended treatment area for 2 weeks pre-treatment.

WHAT WILL I LOOK LIKE?

There is no downtime with the Dermaplane treatment. Your skin will look a little pink and mild sensitivity may occur. We ask you not to apply make up for the remainder of the day post treatment and wear SPF30+ when outdoors.

HOW MUCH WILL IT COST?

The Dermaplane treatment is £170 alone and with Dermalux LED light it is £270 per session. It can also be added onto other treatments. Please talk to your practitioner for more information.

NEED MORE INFORMATION OR GUIDANCE?

Please call **0207 034 5999** or email **info@phiclinic.com** if you would like further details about your treatment or to schedule for an appointment.

DERMAPLANE AFTERCARE INFORMATION

Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications:

- Please follow the correct homecare regime as suggested by your practitioner to ensure optimum results.
- Avoid prolonged exposure to heat such as hot baths, saunas, steam rooms and exercise for up to 24 hours.
- Avoid sun exposure where possible for up to two weeks. Ensure the application of a minimum SPF 30 to the area regardless of the weather.
- Avoid the use of exfoliating products such as Retinol and Alpha Hydroxy Acid based products for at least 24 hours to avoid irritating the skin further.
- Do not wear any makeup for 24 hours.
- It is important to moisturize your freshly exfoliated skin regularly to rehydrate it. Many patients find that products containing hyaluronic acid, vitamin C and retinol are particularly effective to use 24 hours post dermaplaning treatment.

MEDICATIONS YOU WILL HAVE BEEN GIVEN PRE OR DURING TREATMENT:

You will not have received any medications prior or during the treatment however you will have had active skincare ingredients used on your skin

COMMON SIDE-EFFECTS OF TREATMENT INCLUDE:

- Sensitivity following the treatment
- Redness

Should you need any further advice, or would like to book in for your next session of treatment, please call **0207 034 5999**, alternatively, you can email us at **info@phiclinic.com**