

## DERMAPLANING (EPI-BLADING)

Dermaplaning (Epi-Blading) uses an exfoliating blade to gently remove the top layers of the skin, erasing dead skin cells and hair from your face. It is a great treatment to decongest and resurface your skin to leave it looking smooth, even and soft. The skin regeneration helps to prevent outbreaks of acne, reduce scarring, and minimise the effects of sun damage and debris.

**This information sheet outlines the suggested treatment, its risks, and pre- and post-treatment care instructions. It is important that you read all information carefully and completely. Your Doctor or Skin Therapist may provide you with additional or different information which is based on your particular case.**

### TREATMENT AREAS

- "Peach fuzz" facial hair
- Congested skin
- Tired or dull skin
- Acne scarring
- Wrinkles
- Dry skin
- Sun damage
- Clogged pores

### PRE-TREATMENT

Please take these precautions prior to undergoing a Dermaplaning (Epi-Blading) treatment:

- Keep skin free of makeup on the day of your treatment.
- If you have an active acne flare-up on the day of your treatment, you may need to reschedule to avoid further irritating the acne.

### THE PROCEDURE

Dermaplaning (Epi-Blading) involves gliding a small sterile blade (similar to a scalpel or shaving blade) over the skin at a 45 degree angle, exfoliating dead cells and other pollutants and debris on your skin's surface to make way for new cells. This regeneration helps to achieve a brighter, more youthful look. The procedure takes about 30 minutes and is not painful. The blade does not cut into the skin.

## **DERMAPLANING (EPI-BLADING)**

### **SIDE EFFECTS**

Following pre- and post-treatment care guidelines will help optimise your results. Our Skin Therapists will walk you through any contraindications or side-effects that might impact you, which might include redness, whiteheads, or sun sensitivity.

Dermaplaning (Epi-Blading) is a low-risk procedure and doesn't require any downtime. Following your treatment you may experience skin redness for several hours as well as whiteheads in the next 24-48 hours. Infection and scarring are rare but they can occur, so keep your face clean until the skin sensitivity subsides.

### **POST-TREATMENT**

You are likely to notice the full results of Dermaplaning (Epi-Blading) within two or three days of your treatment, after the redness has subsided. Results typically last for three to four weeks and the treatment can be performed at regular intervals to maintain results. The fine hairs on your face will grow back within about a month.

### **AFTERCARE**

Following the treatment it's important to limit sun exposure, as sun damage can reverse the effects of Dermaplaning (Epi-Blading) and create blotchy pigmentation on your skin. You must protect your skin with sunscreen whenever you leave the house in the weeks following your treatment.

In addition:

- Always wear sunscreen, protective clothing such as a hat, and limit sun exposure.
- When cleansing, do not scrub and use a gentle cleanser.
- Do not peel, pick or scratch the treated area as this may result in scarring.

**If you have any questions or concerns, please call us on 4566 0580.**