



DERMAPLANING

PRE AND POST CARE

PRE-TREATMENT CARE:

- Avoid alcohol and blood thinning medications for 24 hours prior to treatment (i.e., Ibuprofen, Advil, Aleve, Excedrin, fish oil, vitamin E).
- Avoid active ingredients such as glycolic/salicylic acid, retinol, hydroquinone 3 days prior to treatment.
- No active herpes simplex in the area to be treated.
- Stay hydrated and well-nourished prior to treatment.

POST-TREATMENT CARE:

- Avoid makeup and sunscreen for the first 24 hours post treatment.
- Apply Broad Spectrum SPF 50 daily, after the first 24 hours.
- Avoid direct sun exposure for 48 hours.
- Avoid excessive heat (sauna) or strenuous exercise for 48 hours.
- Cleanse the skin gently with cool water, avoid scrubbing.
- Continue your medical-grade skincare regimen, as recommended by your RENU provider.
- Dermaplaning will allow for greater penetration of skincare products and skin health treatments. Recommended monthly.

If you have any questions before or after your treatment, email us at info@renuaesthetic.com or call/text us at 541-218-3370. Thank you for choosing RENU Aesthetics!