



**ABSOLUTE**  
COSMETIC MEDICINE

## DERMAPLANING INFORMATION

### WHAT IS DERMAPLANING AND WHAT IS INVOLVED?

Dermaplaning, or 'Epidermal Levelling', is the process of facial exfoliation and removal of "peach fuzz" on the face. The skin is first cleansed and prepped, a sterile blade is then held to the skin at a 45-degree angle and gently stroked along the surface of the skin. This method removes the outer layer of dead skin cells, along with fine facial hair, commonly known as "peach fuzz" or vellus hair. The treatment takes approximately 30 minutes.

This is typically a safe and non-invasive treatment with minimal downtime. Results are immediate and the texture of the skin will appear smoother, accompanied by a fresher appearance.

Dermaplaning helps to;

- Improve skin texture
- Lighten uneven and hyperpigmented skin, achieving a more even skin tone
- Unblock black heads, minimising the appearance of pore size
- Multiple treatments will help smooth acne scarring
- Boost the effectiveness of skin care absorption as a result of the removal of fine hair

### IS THE PROCEDURE RIGHT FOR ME?

All skin types can benefit from this treatment, including those with sensitive skin, redness and rosacea. Dermaplaning is a great option for acne-prone skin, providing there are no active lesions present. It is a fast procedure with few to no adverse effects.

The treatment is not suitable if you have any of the following:

- Active acne
- Bleeding disorders or difficulty clotting
- Diabetes that is not controlled by medication or diet
- Skin cancers, cold sores/herpes, keloid scarring or eczema
- Undergoing cancer treatment such as chemotherapy or radiation

### IS THERE ANY DOWNTIME?

Patients can expect tightness of the face along with a warm sensation, similar to mild sunburn immediately after treatment. Slight redness and dryness can occur for some people, which will subside within 24hrs.

### IS DERMAPLANING SAFE?

Dermaplaning is a safe procedure performed by a licensed and trained practitioner. Your treatment provider has received additional training to provide optimal results.

### WILL MY HAIR GROW BACK DARKER OR THICKER?

The hair will not grow back darker or thicker. You can expect the hair to gradually grow back blunt-ended.

### HOW OFTEN SHOULD I HAVE TREATMENTS?

It is encouraged to repeat treatments to gain the most effective results. Treatment can be repeated every 3 to 4 weeks and used in combination with chemical peels and mild laser treatments, for a stronger effect, depending on what the patient hopes to achieve. Results are cumulative, so your skin will continue to improve from each treatment.