VOLTO D'ANGELO AESTHETICS · ANIS CALDERAIO, RN

Your Dermaplaning Prep & Aftercare Guide

Signature Dermaplaning & Deluxe Dermaplaning Facial. Print it, and check each box as you go.

Name: _____ Appointment date: _____

7 Days Before

- [ ] No peels, laser, microneedling, waxing, threading or hair-removal creams on your face.
- [ ] Avoid sunburn, tanning and tanning beds.
- [ ] Have your aftercare products at home (list below).

3–5 Days Before

- [ ] Pause retinol and other retinoids, exfoliating acids (glycolic, salicylic), benzoyl peroxide and scrubs.
- [ ] Do not shave your face.
- [ ] Breakout, rash, sunburn or cold sore? Text us; we may need to move your date.

Treatment Day

- [ ] Come with clean skin and no makeup.
- [ ] Tell us if anything in your health or medicines has changed since your intake.

After Your Treatment

- [ ] Follow your aftercare on the next page.
- [ ] No makeup, workouts, sauna or swimming for 24 hours.
- [ ] For smooth, bright skin, repeat about every 3–4 weeks.

Tell Us Before Your Visit

Isotretinoin (Accutane) in the past 6 months; active acne breakouts, cold sores, rash, eczema, psoriasis or rosacea flares on your face; a sunburn; blood thinners (small nicks may bleed more); or diabetes or slow healing.

Why: dermaplaning removes the top layer of dead skin, so skin that is irritated, thin or slow to heal can react more.

Never stop a prescribed medicine on your own. If something on this list is new since you filled out your intake, text us before your visit.

Your Aftercare Products

Fresh skin absorbs more, so keep it simple, gentle and fragrance-free. Have these at home before your visit.

- [ ] **Gentle, fragrance-free cleanser**
  No scrubs, acids or beads.
- [ ] **Water-based, fragrance-free moisturizer**
  Light and simple, made for the face.
- [ ] **Mineral sunscreen SPF 30+**
  Zinc oxide and/or titanium dioxide. Fresh skin burns more easily.
- [ ] **Optional: plain hyaluronic acid serum**
  No added acids, retinol or fragrance.

Questions? Text 240-549-0898. We reply as soon as we can, usually within 24 hours, and you can also ask at your appointment. For a medical emergency, call 911.

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Signature & Deluxe Dermaplaning Aftercare

Keep this on your phone or fridge, and follow any extra instructions your provider gives you.

Name: Treatment date:

Today: ☐ Signature Dermaplaning ☐ Deluxe Dermaplaning Facial

What To Expect

- Skin feels very smooth and looks brighter right away.
- Mild pinkness for a few hours is normal.
- Products may tingle a little more than usual for 1–2 days.
- Hair grows back soft; dermaplaning does not make it thicker or darker.

First 24 Hours

- Cleanse gently with lukewarm water and a mild, fragrance-free cleanser. Pat dry.
- No makeup, workouts, sauna, steam, hot tubs or swimming.
- Do not touch, rub, pick or scrub your face. Use a clean pillowcase.

First 72 Hours

- Avoid retinoids, exfoliating acids (AHA/BHA), benzoyl peroxide, scrubs, high-strength vitamin C and any new active products. Restart after 72 hours if skin is comfortable.
- Moisturize with a gentle, water-based, fragrance-free moisturizer.
- No waxing, peels, laser or other facial treatments for 7 days.

Every Day

- Mineral sunscreen SPF 30+, reapplied outdoors. Freshly exfoliated skin burns more easily.
- Limit direct sun; no tanning or tanning beds. Wear a hat outside.
- Drink plenty of water.

After The Deluxe Facial

- Your hyaluronic mask and LED leave skin extra hydrated; keep your routine simple.
- Mild warmth or pinkness after LED fades within a few hours.

A Tiny Nick?

- Small nicks can happen and heal in a few days.
- Keep it clean, do not pick, and use only your gentle moisturizer on it.
- Text us if it gets red, swollen or painful.

Your products

Cleanser:

Moisturizer:

Sunscreen:

Text 240-549-0898 for ongoing burning, blisters, increasing pain, spreading redness or rash, worsening swelling, drainage, fever or unusual color changes. If a new product stings or irritates, stop it and text us.

Call 911 or go to the nearest emergency room right away for: trouble breathing or swallowing; swelling of the face, lips, tongue or throat; hives with dizziness or fainting; chest pain; or sudden vision changes or severe eye pain. We have no after-hours phone coverage, so do not wait for a reply.

Your next dermaplaning: for best results, book again in about 3–4 weeks.