

Dermaplaning Consent

What is Dermaplaning?

Dermaplaning is a form of manual exfoliation similar in theory to microdermabrasion but without the use of suction or abrasive crystals. A sterile blade is stroked along the skin at an angle to gently “shave off” dead skin cells from the epidermis. Dermaplaning also temporarily removes the fine, vellus hair of the face, leaving a very smooth surface. As with any type of exfoliation, removal of dead skin cells allows home care products to be more effective. It also reduces the appearance of fine lines, evens skin tone, assists with reducing milia, closed and open comedones, and minor breakouts associated with congested pores. Dermaplaning can be an effective exfoliation method for clients that have couperose (tiny blood vessels near the surface of the skin), sensitive skin or allergies that prevent the use of microdermabrasion or chemical peels.

What should you expect during your treatment?

Prior to your first dermaplaning, we will perform a thorough skin analysis. If dermaplaning is not appropriate, you are informed during this session and an alternative treatment may be recommended instead. If dermaplaning is for you, maximum results are obtained by participating in a series of treatments plus following a home care regimen.

To further enhance your outcome, we require that you use products specifically directed toward obtaining correction. Your current daily regimen and skin care products will be reviewed. We will advise any recommended changes or additions to your regimen. We recommend keeping regular appointments and following your home care regimen to support your results.

We take every precaution to ensure that your skin is well hydrated and calm prior to leaving each session. However, you may experience excessive dryness or even some peeling between sessions. Always follow up with us if you have any concerns after your treatment. More sensitive skin may experience some redness after the first couple of sessions. This normally goes away after a couple of hours.

After your treatment, sunscreen must be worn at all times and tanning beds should be avoided. You are making an investment in your skin; therefore, it is to your benefit to continue to protect it after your series is completed.

I have voluntarily elected to undergo this treatment slash procedure after the nature and purpose of this treatment has been explained to me, along with the risks and hazards involved.

I understand that many changes may occur deeper within the skin over time. When participating in a series of treatments, along with a commitment to a daily skin care regimen, noticeable differences are the outcome. You may see a reduction of fine lines, a softening of deeper wrinkles, reduction of discoloration, softening and possible reduction in scars, and an overall improvement to your skin's tone and texture.

Contraindications

Although it is impossible to list every potential risk and complication, the following conditions are recognized as contraindications for dermaplaning treatment and must be disclosed prior to treatment.

- Active infection of any type, such as herpes simplex virus or flat warts
- Sunburn
- Active acne
- Recent chemical peel
- Recent use of topical Retin-A, Alphahydroxy Acids, Glycolic Acids
- Eczema, Dermatitis, Rosacea, Vascular Lesions, Moles, Raised Lesions
- Use of Accutane in the past year
- Hypertrophic or keloid scarring

Post Treatment/Home Care

Aerobic exercise or vigorous physical activity should be avoided until all redness has subsided. Direct sunlight exposure is to be completely avoided immediately following the treatment. If some sun exposure cannot be avoided, first apply sunscreen with an SPF of 30 or greater. Although sunscreen should be part of your daily skin care, for a minimum of two weeks, a sunscreen with an SPF of at least 30 must be applied.

Although it is impossible to list every potential risk and complication, I have been informed of possible benefits, risks, and complications. I also recognize there are no guaranteed results and that independent results are dependent on age, skin condition, and lifestyle and that there is the possibility I may require further treatments of the treated areas to obtain the expected results at an additional cost. I understand the post-care treatment and home-care instructions given to me by my provider.

In the event that I may have additional questions or concerns regarding my treatment, post-care, and suggested home product regimen, I will consult with my provider immediately. I have also, to the best of my knowledge given an accurate account of my medical history, including all known allergies or prescription drugs or products I am currently ingesting using topically. I have read and fully understand this agreement and all information detailed above. I understand the procedure and the risks. All of my questions have been answered to my satisfaction and I consent to the terms of this agreement. I do not hold my provider, or 18 Spa responsible for any of the conditions that were present, but not disclosed at the time of the skin care procedure, which may be guided by the treatment form today.

Client Name (printed) _____ Date _____

Client Name (signature) _____

Skin Care Professional (signature) _____