

What is Dermaplaning:

Dermaplaning is a non-invasive aesthetic treatment that involves using a surgical blade or razor to scrape the surface of the skin, removing unwanted hair and dead skin cells.

The dermaplaning procedure helps refinish the skin's top layers through a method of controlled surgical scraping that exfoliates the skin. Dermaplaning removes peach fuzz that can trap excess dirt and oil.

It is only performed by qualified beauty therapists and is commonly performed on the face, including areas such as the upper lip, eyebrows, forehead, cheeks, and chin.

Benefits of Dermaplaning:

- **Hair Removal:** The treatment also removes fine facial hair, commonly known as "peach fuzz," resulting in a smoother makeup application.
- **Exfoliation:** Dermaplaning effectively removes dead skin cells, promoting a smoother and brighter complexion.
- **Product Penetration:** After dermaplaning, skincare products can better penetrate the skin, leading to enhanced results from serums, moisturizers, and treatments.
- Improved Texture: Dermaplaning stimulates blood flow and increases cell turnover which helps minimize the appearance of acne scars, uneven texture, and fine lines, resulting in a more eventoned complexion.
- **Instant Results:** Clients often notice immediate improvements in the texture and appearance of their skin after a dermaplaning treatment.
- Increase in Collagen Production: Dermaplaning stimulates the skin, leading to increased cell turnover, which in turn leads to increased collagen production which slows down the ageing process

Considerations for Therapists:

As a qualified therapist, it is important to consider a few key factors when performing dermaplaning treatments:

- **Training and Certification:** Proper training and certification are essential to ensure safe and effective dermaplaning procedures. Seek out reputable training programs and continuing education opportunities to enhance your skills.
- Client Consultation: Before performing a dermaplaning treatment, conduct a thorough consultation with your client to assess their skin type, concerns, and any potential contraindications. This will help you tailor the treatment to their specific needs.
- **Safety Precautions:** Always prioritize safety when handling blades. Use proper techniques to hold the tool, and ensure the blades are sterile and disposed of correctly.
- **Post-Treatment Care:** Provide your clients with detailed instructions for post-treatment care, including skincare recommendations, sun protection, and any potential side effects or precautions.

Safe handling of blades:

When performing dermaplaning treatments, it is essential to prioritize safety and follow proper procedures for handling blades. Surgical blades are sharp instruments that require careful handling to prevent injuries. Here are some key safety considerations for therapists:

- Attaching the blade to the handle: Open the bottom end of the blade that needs to be attached to the handle and leave the foil covering over the sharp end of the blade. Hold the sharp end of the blade (with the foil covering over it) between your fingers while attaching the blade to the handle.
- Proper Grip and Technique: Learn the correct technique for holding the dermaplaning tool to ensure optimal control and precision.
 Practice the grip and scraping motion before performing the treatment on clients.
- Blade Removal Devices: Use blade removal devices, such as singleuse blade removers or blade removal units, to safely remove used blades from the handle. These devices minimize the risk of sharps injuries and ensure safe disposal of blades.
- **Sharps Disposal:** Dispose of used blades in designated sharps disposal containers. These containers are specifically designed to safely store sharp objects and minimize the risk of accidental injuries.

Swann-Morton Dermaplaning products:

Swann-Morton, a trusted manufacturer of surgical blades and handles, offers a range of dermaplaning products that meet the highest quality standards. Their dermaplaning tools are designed with precision and durability in mind, ensuring optimal performance and user satisfaction. Swann-Morton surgical blades, such as the No. 10R and No. 14, are widely used in dermaplaning procedures. These blades are manufactured in accordance with industry standards, providing consistent cutting edge quality and reliable results. They are supplied sterile, ensuring the highest level of safety and quality. In addition to surgical blades, Swann-Morton offers a variety of handles that are compatible with their blades. The No. 3 handle is the most popular choice for dermaplaning.

Swann-Morton also provides safety solutions, including single-use blade removers and blade removal units, to enhance the safety and convenience of dermaplaning procedures.

When choosing dermaplaning tools, consider Swann-Morton products for their reputation, quality, and commitment to safety.

Carbon Steel vs. Stainless Steel Blades:

All dermaplane blades are either made of Stainless Steel or Carbon Steel both produced from high quality, durable carbon steel or stainless steel. Carbon steel blades hold their edges longer throughout the procedure, while stainless steel blades are sharper at the beginning of the procedure.

Different Blades:

#10R Blade:

Referred to as the "butter blade" the 10R is a popular choice as it helps to "refinish" the skin's top layers through a method of controlled surgical scraping which exfoliates the epidermis. Shorter and more rounded than the 14 it is ideal for getting into smaller more restricted areas of the face and the rounded (bull nose) tip prevents any accidental snagging or scratching thus providing a more effective and consistent finish.

- *Stainless Steel
- *Fits a #3 handle.
- *Is supplied sterile, ensuring the highest level of safety and quality.

#14 Blade:

The No. 14 blade is used to treat the entire surface of the face. It is larger in size and is suitable for covering larger areas. It can be used in conjunction with the No. 10R blade to address both large and smaller areas effectively.

- *Carbon Steel
- *Fits a #3 handle.
- *Is supplied sterile, ensuring the highest level of safety and quality.

#10 Blade:

The No.10 blade with its outwardly curved cutting edge is one of the more traditional blade shapes. Not ideal to use over angular areas such as cheekbones, chin, under nose or eyes.

- *Carbon Steel
- *Fits a #3 handle.
- *Is supplied sterile, ensuring the highest level of safety and quality.







Frequently Asked Questions:

Does Dermaplaning Hurt?

Dermaplaning is a gentle and non-invasive procedure that should not cause significant discomfort. Most clients report minimal to no discomfort during the treatment. However, individual pain tolerance may vary, and some clients may experience mild tingling or a slight scraping sensation. It is essential to communicate with your clients and ensure their comfort throughout the procedure. If a client experiences any pain or discomfort, you can adjust the technique or pressure accordingly.

Can Dermaplaning be Done on all Skin Types?

Dermaplaning is generally safe for all skin types. However, these are a few of the considerations to keep in mind:

- Active Acne: It is not recommended to perform dermaplaning on active acne or inflamed skin. The scraping motion can irritate acne lesions and potentially spread bacteria. Wait until the acne is under control before proceeding with dermaplaning.
- **Sensitive Skin:** Clients with sensitive skin may be more prone to redness or irritation following dermaplaning. Adjust the pressure and technique to minimize any potential adverse effects. Always conduct a thorough consultation to assess the client's skin type and sensitivity.
- Skin Conditions & medications: Clients with certain skin conditions, such as eczema or rosacea and clients that are taking certain medications such as Roaccutane, may have compromised skin barriers. Exercise caution when performing dermaplaning on clients with these conditions and/or medications and adapt the treatment accordingly.
- **Sunburned or Sun-Damaged Skin:** Avoid dermaplaning on sunburned or sun-damaged skin, as it may exacerbate redness and irritation. Allow the skin to heal before considering dermaplaning.
- **Previous aesthetic treatments:** A client must wait 2-4 weeks after having an aesthetic treatment done on their face before they go for a dermaplaning treatment. The amount of time that they need to wait will depend on the type of aesthetic treatment that they have had and must be assessed on a case by case basis.

As always, a comprehensive client consultation is essential to assess their skin type, concerns, and any contraindications before proceeding with dermaplaning.

How Often Should Dermaplaning be Done?

The frequency of dermaplaning treatments depends on various factors, including the client's skin type, concerns, and treatment goals. In general, dermaplaning can be performed every 3-4 weeks. This timeframe allows for the skin to regenerate and recover fully between treatments.

However, the optimal treatment frequency may vary for each client. Some individuals with specific skin concerns or more resilient skin may benefit from more frequent treatments, while others may prefer less frequent sessions. Conduct a thorough assessment of each client's skincare needs and goals to determine the appropriate treatment frequency.

Remember to consider the client's comfort, skin response, and any other skincare treatments they are undergoing when determining the ideal dermaplaning schedule.

Will the hair grow back thicker, darker, coarser and faster?

No it will not.

The hair that we get on our face is known as Vellus Hair. Vellus hair is short, fine, downy and soft. It is thin at <u>+</u>0.1mm and short at less than 2cm in length. It is found all over the body and does not contain a medulla. Vellus hair lies very close to the skin's surface and does not become a terminal hair unless stimulated by topical or systemic conditions.

The hair that we get on our scalp, eyebrows, eyelashes, axilla, pubis, lower legs, forearms and abdomen, is known as Terminal hair. Terminal hair is deeper, longer (more than 2cm) and thicker, presenting up to 0.6mm in diameter. Terminal hair contains pigment and across the body it varies in shape, length, diameter, texture and colour.

While Terminal hair grows back thicker, darker, coarser and faster after being shaved, Vellus hair does not.

BLADES



Dermaplaning Blade #10R 1073: 10's

Stainless Steel. Fits a #3 handle. Is supplied sterile, ensuring the highest level of safety and quality.





Dermaplaning Blade #14 1072: 10's

Carbon Steel. Fits a #3 handle. Is supplied sterile, ensuring the highest level of safety and quality.





Dermaplaning Needle #10 1071: 10's

Carbon Steel. Fits a #3 handle. Is supplied sterile, ensuring the highest level of safety and quality.





Dermaplaning Handle #3 IO70A: each

Ergonomically designed Stainless with smooth tapered octagonal body offering precise fingertip control. Reusable and Autoclavable.





ACCESSORIES



Blade Remover (Single Use) IO74A: each

Allows for safe and easy removal of all sizes of blades. The remover must be disposed of in an appropriate sharps bin or container.





Blade Remover Box IO74: each

Can hold up to 100 blades. It can suit those blade users working in areas where a sharps disposal facility is not immediately available.





Needle Dispenser Bin 1036A: each

The sharps bin is an essential safety tool for securely storing used blades before they are properly disposed of.





Nail Tool Box A737: each

Plastic storage box.

Dimensions - 190mm x 60mm x 35mm





GLIDING OIL



Grapeseed Oil AROGR4: 100ml

Provides the required slip on the skin when doing a dermaplaning treatment. Contains Vitamin E, Oleic acids and Linoleic acid.





Grapeseed Oil AROGR: 500ml

Provides the required slip on the skin when doing a dermaplaning treatment. Contains Vitamin E, Oleic acids and Linoleic acid.





Grapeseed Oil AROGR2: 11

Provides the required slip on the skin when doing a dermaplaning treatment. Contains Vitamin E, Oleic acids and Linoleic acid.





Grapeseed Oil AROGR5: 51

Provides the required slip on the skin when doing a dermaplaning treatment. Contains Vitamin E, Oleic acids and Linoleic acid.





GLIDING OIL



Sweet Almond Oil AROAL-2: 100ml

Provides the required slip on the skin when doing a dermaplaning treatment. Beware of nut allergies.





Sweet Almond Oil AROAL: 500ml

Provides the required slip on the skin when doing a dermaplaning treatment. Beware of nut allergies.





Sweet Almond Oil AROAL1A: 51

Provides the required slip on the skin when doing a dermaplaning treatment. Beware of nut allergies.





Omega Face Oil SKN098: 30ml

Provides the required slip on the skin when doing a dermaplaning treatment. Contains Omega 3, 5, 6, 7 & 9.





Omega Face Oil SKN099: 50ml

Provides the required slip on the skin when doing a dermaplaning treatment. Contains Omega 3, 5, 6, 7 & 9.



DERMAPLAINING KIT



Dermaplaning Kit 1075: kit

Contains everything that you need to start offering dermaplaning treatments.

Kit contains:

1x Dermaplaning Handle #3

1x Blade Remover Box

1x Blade Remover

1x Storage Box

10x Blade #10R

10x Blade #10

10x Blade #14

1x 100ml Sweet Almond Oil

All items in the kit are sold separately.



