

# MICRONEEDLING/ NANO INFUSION

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Inform your provider if you have a history of cold sores if you are receiving antiviral therapy prior to treatment.

## 3 DAYS PRIOR

Avoid all blood thinners including alcohol, Advil, Aspirin, Aleve, Omega 3, fish oil, Vitamin E, Ginkgo, St. John's Wort or garlic to avoid bruising.

## 1 DAY PRIOR

Avoid drinking alcohol or any of the blood thinners listed to prevent additional bruising.

## DAY OF TREATMENT

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Side effects and risks are minimal with this type of treatment and typically include minor flaking or dryness of the skin, with some mild scab formation in rare circumstances. Redness is normal and may last for up to 7 days.

### DO

Use tepid water to cleanse the face for the first 48 hours following treatment and drying the area gently without rubbing.

Ensure your hands are always clean to avoid any infections

Apply physical sunscreen for first 24 hours if needed (no chemical sunscreens for 24 hours)

Apply home use of Hyaluronic acid serums, peptides, and hydrating creams for relief of dry and tight feeling skin.

### DON'T

Apply makeup products for the first 12 hours following treatment

Avoid direct sun exposure for 14 days

Overuse topical creams or serums and it can result in further drying the skin

Avoid alcohol based toners or strong retinol for 10-14 days.



**BARDÖT**  
BEAUTY BOUTIQUE



# DERMAPLANING

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**Dermaplaning is an excellent anti-aging treatment that provides immediate and cumulative results with each service you receive.**

Dermaplaning is a physical exfoliation that has removed dead skin cells and vellous hair from the surface of your skin. Your face should feel softer than ever and look brighter and more youthful.

Be sure to take care of your skin following dermaplaning or other anti-aging treatments. Following these instructions will maintain your results longer and help you avoid complications.

## DAY OF TREATMENT

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Redness, itching, prickling/heat, slight swelling, possible tenderness and sensitivity, and tightness are common activities to be expected during and after peel.

### DO

#### Step 1 Cleanse

Use a gentle cleanser and warm, not hot, water. Splash water on face. Do not use abrasive wash cloths, Clarisonic, or hot shower spray for the rst 24-48 hours. Do not use cleansers, serums or spot treatments containing salicylic acid or Benzoyl Peroxide (BPO) for 5 days following treatment.

#### Step 2 Tone

Hydrating and brightening toners applied with a cotton round will penetrate deeper into the skin. If you are sensitive, try all products on a small area before applying full face.

#### Step 3 Serums

Active ingredients in serums penetrate much better now, so you'll see quicker results. Ask your esthetician or nurse about the right serums for your skin. Please do not use Retin-A, 5 days pre and post dermaplaning. For darker skin tones: use a brightening serum to reduce the risk of excess pigment production.

#### Step 4 Moisturizer

Choose a hydrating moisturizer and apply twice daily. It's common for skin to feel tight but is dewy to the touch. is is good and will only last a short time. Moisturizer locks in skin's hydration with the added absorption of its active ingredients. For darker skin tones: use a 1% hydrocortisone cream for 5 days following treatment to calm in ammation and reduce the risk of excess pigment production.

#### Step 5 SPF

Your skin is more vulnerable to UV rays after exfoliation. SPF is essential to protect your skin - even on cloudy days when UVA (aging) rays are present.

Schedule your appointments 4 weeks apart to optimize results.

Call your aesthetician with both compliments and concerns.

### DON'T

Makeup can irritate skin after dermaplaning. Bacteria, alcohols, colorants and fragrance are all irritants that can cause contact dermatitis. Be sure to clean your makeup brushes and apply clean (new) makeup to minimize risks.

Avoid sun exposure as much as possible. If you must be in the sun, apply and reapply SPF 30+ every 2 hours, wear a hat and sunglasses and seek shade.

Delay exposure to excessive heat, heavy workouts, steam rooms and saunas for 24-48 hours post treatment. DO: Wait 7 days before facial waxing. Waxing may be done prior to dermaplaning.

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