

DERMAPLANING FACIAL

Aftercare Information



It is important to follow the aftercare steps to ensure safe healing of the skin post-procedure. Proper care with the use of the recommended skin care products as part of your aftercare will help you achieve your best possible treatment results.

- Avoid touching your face to minimize the risk of bacteria transferring onto freshly exfoliated skin.
- Skin may feel slightly sensitive or tight—this is normal for 24–48 hours.
- Use a gentle cleanser and lukewarm water for the first 48 hours.
- Avoid exfoliating products for at least 5–7 days, including: AHAs/BHAs (glycolic, lactic, salicylic acid), retinols/retinoids and enzyme exfoliants.
- Use a hydrating serum (hyaluronic acid is ideal) to replenish moisture.
- Apply a rich, soothing moisturiser regularly to support skin barrier recovery.
- If your skin feels dry or tight, increase hydration and moisturisation.
- Wear broad-spectrum SPF 50+ daily.
- Avoid direct sun exposure, swimming, and tanning beds for 72 hours.
- Avoid wearing makeup for at least 24 hours after your treatment. When you resume, use clean brushes and non-comedogenic products.
- For the next 24–48 hours, avoid hot showers, saunas, steam rooms, sweating/heavy workouts, hot tubs or swimming pools and facial waxing or hair removal treatments on the treated area.
- Avoid chemical peels, laser treatments, microneedling or other resurfacing procedures for 7 days.
- Avoid picking, scratching, or rubbing the treated area.
- Stay hydrated, drink plenty of water.
- Use gentle, hydrating skincare consistently to maintain results.
- Keep skin routine simple: cleanse → hydrate → serum → moisturise → SPF.

If you have any questions concerning the treatment or aftercare, please feel free to contact SKB Clinic on 0203 668 9966.