Facials & Dermaplaning - Preparation, Aftercare & Safety Guide

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Please read this guide before your facial, dermaplaning or skincare consultation and keep it for aftercare. Your clinician will confirm suitable products and steps. Signing acknowledges the information; it does not replace assessment or treatment consent.

Before your visit

Complete your forms and bring or list your current skincare, medicines and allergies. Tell us about recent procedures, pregnancy, sunburn, irritation, acne inflammation, infection, cold sores, rashes, wounds or a changing lesion. Do not stop prescribed medicines without your prescriber's advice.

Ask which active or irritating skincare products to pause and for how long. Arrive with clean skin where practical. Your clinician will assess whether dermaplaning and any combined facial steps are suitable, and confirm the products and steps before starting.

After a facial or dermaplaning

Follow the written plan for the steps actually performed. Use the gentle cleanser, moisturizer and broad-spectrum SPF 30+ advised. Protect exposed skin from sun. Avoid rubbing, picking, harsh exfoliation, scrubs and irritating products while the skin settles.

Confirm when to restart active skincare, makeup, facial hair removal and other procedures. Mild temporary sensitivity or redness can occur; persistent or worsening symptoms need review. Report cuts, persistent bleeding or worsening irritation rather than covering them with new products.

A Vivier peel has its own preparation and aftercare guide. If it is added to your treatment, request those instructions as well.

When to get help

Call APEX at 902-456-5488 for worsening pain, spreading or prolonged redness, marked swelling, blisters, discharge, fever, persistent bleeding or an unexpected reaction. Seek urgent medical care for eye injury or a severe burn. Call 911 for breathing difficulty or a severe allergic reaction.

Our phone has no guaranteed after-hours monitoring. If we cannot be reached, seek appropriate medical care; do not wait for a portal message or email reply.

Your next visit

APEX may send a skincare review invitation three months after a completed facial or dermaplaning treatment. This does not mean all skin conditions should wait three months or that repeat treatment is automatically suitable. Your clinician may recommend an earlier review or an individual treatment course. Follow that plan or an existing booking when these differ.

A consultation does not itself authorize a procedure. Confirm your proposed plan, preparation, costs and next steps before treatment. Do not wait for a reminder to report a reaction.

Acknowledgement

I have read this preparation, aftercare and safety guide, understand when to seek help, and can ask the clinic about instructions I do not understand. I will follow the written plan for the treatment actually performed. This acknowledgement does not give consent to a procedure.

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