

What Is Dermaplaning?

Dermaplaning is an exfoliation technique that refinishes the epidermis through a controlled scraping. The actual process involves using a # 10 surgical scalpel and #3 surgical blade handle to remove the epithelial tissue of the stratum corneum. This procedure can be performed alone or combined with other exfoliation treatments such as chemical peels or facials.

Also known as epi-levelling, this treatment removes the dead skin cells on the epidermis as it stimulates and rejuvenates the skin tissue. Dermaplaning effectively removes the stratum corneum while at the same time removes fine velous facial hair that can trap excess dirt and oil.

Dermaplaning does not change the histology of the hair.

The Estheticians domain is the superficial epidermis, it is important that this treatment does not involve the live layers of the skin as scarring and bleeding may occur. Dermaplaning exfoliates the surface stratum corneum cells only. This action reduces corneocyte cohesion and new cell growth is stimulated at the basal layer of the epidermis. After continued treatment dermaplaning, like other superficial exfoliation techniques may result in the stratum corneum may be somewhat thinner but also more compact leading to smoother and more flexible skin. Exfoliation helps normalize the epidermis and promotes increased cellular turnover and cell differentiation within the epidermis. By creating a controlled or fake 'injury' to the skin dermal benefits arise; including increased collagen synthesis, improved elastin fiber quality and an increase in water binding Glycosaminoglycans. These effects lead to the lessening of hyperkeratization, pigmentation irregularities, large pores, wrinkles and fine lines. Better product absorption is also a result after removal of the skin's barrier layer.

Dermaplaning is a non-chemical approach to skin rejuvenation which may be preferred by some patients who are not candidates for chemical exfoliation or microdermabrasion as well as ethnic skin or Fitzpatrick types 4-6 because dermaplaning is less likely to produce extreme changes and contrast in skin color. Performing this treatment on men is not recommended due to the histology of their facial hair

Benefits Of Dermaplaning

- Refines the appearance of pores
- Minimizes the appearance of fine lines
- Increases the skin's ability to absorb products
- Reduces the appearance of hyper pigmentation
- Stimulates circulation
- Encourages normal shedding (desquamation) of the stratum corneum
- Improves elasticity and texture