POST OPERATIVE INSTRUCTIONS
DERMABRASION

INSTRUCTIONS
- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruits and vegetables to your diet, and be sure to increase fluid intake.
  - Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
  - Antibiotic - take pills as directed at pre-op appointment
  - Norco (10/325) 1 tab every 6-8 hours as needed for pain relief.
  - Colace as needed for constipation (stool softener).
  - Continue healing supplements/surgery vitamins until gone.
  - If you have a Scopolamine patch continue to wear 3 days after surgery (anti-nausea patch) Make sure you WASH HANDS after removing this patch. The medication is absorbed through the skin and can cause blurred vision with enlarged pupil if your eye is rubbed.
  - Zofran 8 mg ODT every 6-8 hours as needed for nausea.
  - Clonidine patch- do not remove for one week..This medication decreases blood pressure especially rises associated with pain and anxiety. It also reduces pain and anxiety allowing other medicines to be more effective.
  - Cyproheptadine (Periactin) 20 mg- take 1 tablet with meals 3 times a day. Important to take if you are on antidepressants or certain other medications to prevent nausea and other problems.
  - Aprepitant (EMEND) 40 mg tablet #1. Take with a sip of water 1-3 hours prior to surgery. If taking birth control pills, also use additional contraception for 28 days.
  - Do not drink alcohol when taking pain medications.
  - Do not smoke, as smoking delays healing and increased the risk of complications.
  - Continue to take the medications as directed by your physician after your procedure.

ACTIVITY
- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- More strenuous activities should be avoided for 4-6 weeks.
- May return to work in 2-3 weeks.

TREATED AREA CARE
- Minimize exposing scars to sun for at least 12 months.
- Always use a strong sun block if sun exposure is unavoidable (SPF 30 or greater).
- If a bandage was applied, it may be replaced in 1-2 days and removed in approx. 1 week.
- Keep areas clean and clear and inspect daily for signs of infection.
- Wash your face with a mixture of 1 teaspoon of clean vinegar in 1 cup of water at least 3 times daily. Do this as often as necessary to avoid a build-up of the weeping discharge and resulting crusts.
- Do not pick the crusts off the treated areas as it can lead to additional scarring.
- Apply a thin layer of prescribed ointment to the areas after each washing.
- You may blot the area with a gauze pad, but be sure to reapply the ointment to keep the area moist and keep from crusting.
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**DERMABRASION**

- Ice packs can help control swelling; use a gauze between skin and ice.
- Do not apply makeup until approved by your surgeon.
- Protect the treated area from the sun using a hat/visor whenever you go out into the sun and apply nonalcoholic based sun screen when oozing stops.
- If resurfacing was done around the eyes, wear good quality sunglasses with UVA and UVB 100% filters.

**WHAT TO EXPECT**

- You will have a weeping discharge from the areas. This discharge will be light pink/tan in color.
- Swelling is expected and may be more pronounced in the lips and around the eyes.
- You will experience a stinging sensation immediately after the procedure. This may advance to a burning discomfort later in the day and evening but will improve over the next few days.
- Your skin will heal over the next 2 weeks, leaving the treated areas initially a bright pink.
- Your skin will feel tight and smooth. Continue to use the recommended moisturizing agent and sunscreen.
- You will experience increased sensitivity to makeup and acute sun sensitivity.
- Return of pigmentation in 6-12 months.

**APPEARANCE**

- Pinkness or redness of skin may remain up to 6 months.
- Usually, your skin will be free of crusts in about 10 days postoperatively.
- Final results of surgery may take several months to appear.

**FOLLOW-UP CARE**

- You will be seen in the office as needed topically on a weekly basis until you are healed.

**WHEN TO CALL**

- If you have increased swelling or bruising after the first 3 days.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish and greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.

Watch carefully for excessive redness, swelling, bleeding, discharge, fever (above 100.4F), or pain not controlled by medication.

**IF ANY OF THESE SYMPTOMS APPEAR - CALL IMMEDIATELY**

(714) 902-1100