

## 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 no 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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- 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**