



Post-Operative Instructions
Dermabrasion

PLEASE READ YOUR INSTRUCTIONS CAREFULLY AND CALL WITH ANY QUESTIONS.

POSITION ELEVATE YOUR HEAD AND BACK WITH SEVERAL PILLOWS FOR THE FIRST 1-2 DAYS AFTER SURGERY. THIS ELEVATION WILL LESSEN SWELLING AND THEREFORE REDUCE PAIN.

Within 24-36 hours, you will notice that the area resembles an abraded or scraped skin surface. You may also notice that the site will weep a clear liquid (called serum) that could dry to a crust. Please do not allow the crust to form. Take a luke warm wash cloth and apply to the area to "soften" the crusted region. Carefully wipe the crust away.

BREATHING IT IS EXTREMELY IMPORTANT THAT YOU TAKE DEEP BREATHS AFTER SURGERY TO PREVENT FROM DEVELOPING PNEUMONIA, WHICH IS A COMMON OCCURRENCE AFTER SURGERY IF BREATHING EXERCISES ARE NOT FOLLOWED PROPERLY. A GOOD EXAMPLE IS TO TAKE 10-20 DEEP BREATHS EVERY HOUR, WHILE YOU ARE AWAKE, AS WELL AS ENCOURAGING YOURSELF TO COUGH.

ICE ICE PACKS OR COOL DAMP WASH CLOTS SHOULD BE APPLIED ON OR AROUND THE TREATED AREAS, ESPECIALLY OVER THE EYES AND CHEEKS. THIS WILL LESSEN THE AMOUNT OF SWELLING, BRUISING, AND PAIN. IF NO BANDAGES ARE PRESENT, PLACE A CLOTH BETWEEN THE SKIN AND THE ICE PACK TO PROTECT THE SKIN. USE ICE FOR UP TO 45 MINUTES OUT OF EACH WAKING HOUR FOR THE FIRST 24 HOURS. AN EASY SCHEDULE TO FOLLOW IS 20 MINUTES ON AND 20 MINUTES OFF.

HEAT YOU MAY BEGIN HEAT PACKS 12 HOURS AFTER ICE PACKS ARE STOPPED. IF NO BANDAGE IS PRESENT, A MOIST TOWEL SHOULD BE PLACED BETWEEN THE SKIN AND THE HEAT SOURCE. THE MOIST HEAT WILL INCREASE THE CIRCULATION AND HELP THE BODY RID ITSELF OF SWELLING AND BRUISING. DO NOT HEAT CONTINUOUSLY. USE HEAT A MAXIMUM OF 20 MINUTES PER HOUR. THE TEMPERATURE SHOULD BE CLOSELY MONITORED, **NEVER** SET AN ELECTRIC HEATING PAD ABOVE A MEDIUM SETTING. ANY NUMBNESS IN TREATED AREAS MAKE IT POSSIBLE TO BURN YOUR SKIN WITHOUT KNOWING. TO PREVENT SERIOUS INJURY FROM YOUR ELECTRIC HEATING PAD **BE CERTAIN** IT IS APPROVED FOR USE WITH MOISTURE. HEAT MAY BE USED UNTIL THE SWELLING AND BRUISING HAVE RESOLVED.

DIET FIRST DAY: A LIQUID DIET IS RECOMMENDED.

SECOND DAY: IT IS PERMISSIBLE TO BEGIN A SOFT DIET OF EASILY CHEWABLE FOOD, THEN YOU MAY RESUME YOUR REGULAR DIET.

ACTIVITY (I) DURING YOUR FIRST POST-OPERATIVE DAY, STAY UP AS MUCH AS POSSIBLE. YOU SHOULD SIT, STAND, OR WALK AROUND RATHER THAN REMAIN IN BED. HOWEVER, YOU SHOULD REST WHEN TIRED.

(II) Avoid bending over or lifting more than 5 pounds during the first week.

(III) Take extra precaution to protect your head and neck from bumps, hits or injuries.

HAIR CARE YOU MAY SHOWER OR BATHE AS USUAL. DO NOT ALLOW THE SHOWER STREAM TO COME INTO DIRECT CONTACT WITH THE TREATED AREAS. A MILD BABY SHAMPOO IS RECOMMENDED.

DRESSINGS IF A DRESSING WAS APPLIED TO THE SURGICAL SITE, THIS SHOULD BE LEFT IN PLACE UNTIL YOUR NEXT APPOINTMENT, UNLESS OTHERWISE INSTRUCTED. IF NO DRESSING WAS APPLIED, DO NOT COVER THE AREA.

OTHER 24 HOURS FOLLOWING SURGERY, YOU SHOULD GENTLY WASH THE AREA WITH A MILD SOAP (NEUTRAGENA, KERI LOTION SOAP) USING ONLY YOUR FINGERTIPS OR, PREFERABLY, COTTON BALLS. FOLLOWING THE SKIN WASHING, APPLY POLYSPORIN OR VASELINE OINTMENT LIBERALLY. DO NOT PICK AT THE CRUSTS OR PIECES OF SKIN THAT DO NOT COME OFF EASILY. THEY SHOULD COME OFF EASILY WITH TIME, REPEATED WASHINGS AND APPLICATION OF THE ANTIBIOTIC OINTMENT. THE WASHING AND APPLICATION OF THE OINTMENT SHOULD BE DONE 2-3 TIMES DAILY.

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COSMETICS YOU MAY APPLY COSMETICS TO **UNTREATED** AREAS FOLLOWING SURGERY. AVOID ANY AREAS WITH SKIN STITCHES, ABRASIONS OR LASER TREATMENT. MAKE-UP MAY BE APPLIED IN THE TREATED AREAS AFTER THE SKIN STITCHES HAVE BEEN REMOVED (USUALLY ON THE 5TH POST-OPERATIVE DAY). MAKE-UP MAY DELAY WOUND HEALING AND POSSIBLY PRODUCE A PERMANENT TATTOO IF IT COMES IN CONTACT WITH TREATED AREAS TOO SOON.

SPORTS NO SWIMMING, GYM, OR STRENUOUS ACTIVITIES FOR TWO WEEKS. NO DIVING, BIKING OR SKIING FOR TWO MONTHS. PASSIVE EXERCISE IS PERMITTED, LIKE WALKING. ANY OTHER QUESTIONS SHOULD BE DIRECTED TO YOUR SURGEON.

SUN EXPOSURE PROTECT YOUR FACIAL SKIN FROM ANY SUN EXPOSURE, AND AVOID SUN AT ALL TIMES. THE TREATED AREA WILL BE VERY SUSCEPTIBLE TO SUN EXPOSURE AND DAMAGE CAN OCCUR. AFTER THE TREATED AREA IS COMPLETELY HEALED, YOU MAY THEN GO OUT WITH A SUN BLOCK OF 30 SPF OR GREATER.

MEDICATIONS PAIN RELIEVER: TAKE ONE TABLET WHEN YOU ARRIVE AT HOME. ADDITIONAL TABLETS MAY BE TAKEN EVERY 4-6 HOURS AS NEEDED FOR PAIN RELIEF. **CAUTION:** DO NOT DRIVE OR OPERATE MACHINERY WHILE TAKING PAIN RELIEVERS. TAKE WITH FOOD or liquid to avoid nausea.

SLEEP MEDICATIONS: IF PRESCRIBED, TAKE ONE TABLET 30-45 MINUTES PRIOR TO BEDTIME.

ANTIBIOTICS: IF PRESCRIBED, TAKE THEM AS INDICATED ON THE BOTTLE AND COMPLETE THE FULL COURSE OF PILLS UNTIL FINISHED.

ASPIRIN: AVOID TAKING ASPIRIN OR ASPIRIN CONTAINING COMPOUNDS DURING YOUR FIRST WEEK AFTER SURGERY.

ANTI-SWELLING: (DEXAMETHASONE) IF PRESCRIBED, TAKE ONE TABLET WHEN YOU ARRIVE HOME, AND THEN AGAIN THE FIRST EVENING.

THE REMAINING TABLETS SHOULD BE TAKEN OVER THE NEXT TWO DAYS. THESE WILL HELP TO REDUCE THE AMOUNT OF LOCAL swelling.

PLEASE REPORT ANY OF THE FOLLOWING TO OUR OFFICE:

- A. SUDDEN OR EXCESSIVE BLEEDING, SWELLING, OR BRUISING.
- B. ANY ITCHING, RASH OR REACTION TO MEDICATIONS.
- C. FEVER, TEMPERATURE OVER 100 DEGREES (TAKEN ORALLY).
- D. ANY INJURY TO THE FACE.

FAITHFUL ADHERENCE TO PRE-OPERATIVE AND POST-OPERATIVE INSTRUCTIONS WILL HELP TO MINIMIZE SWELLING, PAIN AND DISCOMFORT. IF YOU DO HAVE ANY PROBLEMS, PLEASE DO NOT HESITATE TO CONTACT ME FOR ASSISTANCE. (330.721.2323).

I have received/read and understand the importance of following the above instructions.

SIGNED: _____ **DATE:** _____

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