

# Postoperative Instructions for Patients Undergoing Dermabrasion

## Day 1

Immediately after surgery, the recovery room nurses will apply Xeroform gauze, ointment and ice packs to the treated area. Leave the Xeroform in place. Continue applying ice packs for comfort and start to apply gauze compresses soaked in normal (0.9%) saline every few hours for 10 minutes at a time.

## Day 2

Continue applying ice packs for comfort and gauze compresses soaked in normal (0.9%) saline every few hours for 10 minutes at a time.

## Day 3

You will be seen on the third or fourth day and the Xeroform will be removed. Gently wash face with a mild soap. Continue with the cool compresses. A topical ointment will be prescribed for you. Discontinue the ice packs.

## Day 7-14

As healing occurs and the treated area becomes smooth and pink with a coating of new skin, the nurse will give you Pigment Control lotion to help reduce the redness. Later, you will consult with our aesthetician regarding a makeup/concealer to accelerate your return to work and other public activities. At this point you may use a mild moisturizer, together with a sunscreen during the day.

1. If itching occurs, you may purchase over-the-counter Hydrocortisone 1% and apply 1-2 times daily or as directed by Dr. Boyd.
2. For the first two weeks keep your head elevated to minimize swelling. Sleep on a clean towel with at least two pillows under your head.
3. Throughout the postoperative period take your medications as directed. These will include an antibiotic, a painkiller (if needed) and an anti cold-sore medication.
4. Please call the office (310-530-4200) if you have any problem with the treated area or if you have any questions regarding your care.