

DERMABRASION POST-OP INSTRUCTIONS

- Start your care the day of surgery, after arrival home as follows:
- Remove any bandage from face if applied. Then begin care as follows:
- Apply Vaseline in a thick layer 5-6 times per day.
- Wash your face 3-4 times per day with sterile saline, **no soap** between Vaseline applications.
- Use your fingertips or gauze to massage away dead skin layers during this process.
- Scab formation and dryness will slow your healing process.... Keep skin lubricated!!
- Sleep on three to four pillows or in a recliner for first three nights to decrease swelling.
- Telfa pads may be used on top of Vaseline at night to help keep skin moist.

EXPECTATIONS

- Oozing or bleeding from dermabraded skin for several days is normal.
- You should expect redness (or pinkness) for several weeks or months.
- Additional treatments may be needed for optimal results.
- Approximately two weeks after surgery we recommend seeing our Aesthetician for follow up skin care (Primera Pharmaceuticals).
- Make-up or concealer can be usually applied at ~ 7-10 days following surgery. (Ask Dr. Gross).
- Avoid Sun! (Pigmentation problems can occur from sun exposure)

MEDICATIONS

- Valtrex 500mg twice a day (begin day before surgery)....antiviral
- Keflex 500mg (Cephalexin) 1 tablet twice a day. . .antibiotic
- Lortab 7.5mg (Hydrocodone) 1 tablet every 6 hours as needed.....pain
- Celebrex 200mg take once a day as directed.....inflammation
- Ativan 1mg (Lorazepam) 1 tablet every 8 hours as needed.....anxiety and sleep
- SinEcch as directed (begin day before surgery).....inflammation and bruising

FOLLOW-UP VISITS

- You will be seen in the office in 2 days to check your progress. Please call Dr. Gross at 407-333-3040, if you have questions or concerns. If you have an emergency call 911.

I have received a copy of the above instructions and agree to follow them

X _____ Date _____