

DERMABRASION POST-OP INSTRUCTIONS

- Start your care the day of surgery, after arrival home.
- Remove any gauze from face, if applied. Then begin care as follows:
- Wash your face 3-4 times per day with sterile saline. Do not use **soap**.
- Apply Vaseline in a thick layer 5-6 times per day.
- Use your clean fingers 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 should be used on top of Vaseline at night to help keep skin moist during first week. Cool compresses may be applied for comfort.

EXPECTATIONS

- Oozing or bleeding from treated areas of the 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 (Primer Pharmaceuticals).
- Make-up or concealer can be usually applied ~ 7-10 days following surgery. (Ask Dr. Gross)
- Avoid Sun to prevent pigmentation problems.

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
- ❑ Arnica 30X as directed (begin day before surgery) / swelling and bruising
- ❑ Phenergan (promethazine) 1 tablet every 6 hours as needed / nausea

FOLLOW-UP VISITS

- You will be seen in the office in 2 days to check your progress. Please call Dr. Gross at (321) 356-4396, 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 _____