



UTAH FACIAL PLASTICS

Surgery • Med Spa • Hair Restoration

PRE-OPERATIVE INSTRUCTIONS FOR DERMABRASION

TWO WEEKS BEFORE SURGERY:

- Do not take any products containing aspirin, ibuprofen (e.g., Advil, Motrin), or Vitamin E. Check with your pharmacist when taking any over-the-counter medications. Many pain relievers, cold and sinus medications contain aspirin or ibuprofen. Tylenol is OK.
- Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or “the patch.” Nicotine interferes with healthy circulation and may affect the result of your surgery. It also places you at higher risk of complication when receiving anesthesia.
- Start taking 1000 mg of Vitamin C three times per day. Vitamin C helps with healing.

ONE WEEK BEFORE SURGERY:

- Do not drink alcohol for 1 week before and 1 week after surgery.

DAY OF SURGERY:

- You may shower and shampoo in the morning of surgery. Do not wear makeup
Hair that can be pulled back or pinned should be.
Go to the appropriate location at the designated time.

POST-OPERATIVE INSTRUCTIONS FOR DERMABRASION

RECOVERY PROCESS:

- Dermabrasion patients go through a period, usually the first ten days, when everything seems unsightly, as new layers of skin heal over. You must be prepared for a period of unsightliness and schedule any engagements around it. After your dermabrasion, you can expect the abraded area to “weep” tissue fluid.
- As the healing takes place, you might notice that the skin appears glazed or slightly flaky. Small whiteheads may also appear. These will disappear in time and are part of the normal post dermabrasion course.
- Avoid sun exposure, once it has healed, you can wear sunscreen.
You will see a notable change in 7-10 days (about 1 and a half weeks) with the emergence of delicate, pink new skin.
Non-allergic make-up may then be applied.
The pinkness will gradually subside over the next couple of months.
Our staff are available for skin care consultations if camouflage makeup is desired.
Take all medications as instructed post operatively
Swelling is normal in the immediate post-operative period.

WOUND CARE:

- You will be discharged home with Aquaphor ointment in place.
- Two days after the procedure you may shower or simply splash the area with plain water. Vigorous scrubbing should be avoided. After washing, gently pat dry and immediately apply Vaseline (Aquaphor) very thick, as if you were frosting a cake. After a time, the heat of your body will melt the Vaseline (Aquaphor), at which time the cleansing/frosting process needs to be repeated. This is done 5-7 times a day.
- Approximately 7 days after dermabrasion, men will be allowed to shave.
- After 5-7 days, you will be switched from Vaseline (Aquaphor) to Locoid Cream. Apply the Locoid cream to the derma braded area in an even thin coating twice a day. At that time, you may apply green-based makeup in conjunction with your regular base, which will neutralize the pinkness. Fading time varies from patient to patient.
- Avoid direct sunlight or wind on your face for 4-6 months after your procedure, as blotchy pigmentation may result. This is particularly important in darker complexions. If you must go in the sunlight, wear a wide-brimmed hat, and apply sunblock that contains an SPF of 30 or greater with zinc oxide. (Available at our office)

COMPLICATIONS:

- Milia: Small whiteheads may develop in the derma braded area and are not to be considered a complication. This is a frequent occurrence and clears with cleansing. DO NOT pick at them.
- Infection: infection is exceedingly rare and treated with medication.
- Blotchy Pigmentation: This is common and may require bleaching creams and makeup use.
- Herpes Simplex: Superinfection from cold sores can be serious and cause scarring. Tell the Physician if you have history of cold sores or herpes-type infection(s). Pretreatment with appropriate medication is necessary for all patients.
- Scarring: Poor healing of skin that may need additional treatment.

CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater
- Pain not relieved with medication
- Increased swelling, redness, bleeding, and/or foul drainage from the wound
- Any other concerns

Utah Facial Plastics Office (Monday – Friday 8:00am – 5:00pm): 801-776-2220

Utah Facial Plastics After Hours: 801-299-7660