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POST OPERATIVE INSTRUCTIONS FOR DERMABRASION:

1. It is not necessary to stay in bed.
2. Take the Zovirax capsule(if you have history of cold sores) until all medication has been taken.
3. Oozing of clear, yellow or bloody drainage is to be expected for the first 24 hours. This is normal.
4. You should keep the area clean with a mild soap and lukewarm water 4 times daily. Do not allow the oozing to form a scab. If there is bleeding when you wash, do not be concerned. This is common. You may use Bacitracin, Neosporin or any other antibiotic ointment of your choice. Apply antibiotic ointment well to cover all dermabraded areas 4 times daily after washing.
5. Use Lubriderm after all oozing has stopped and areas are healed between seven to ten days. Apply a thin film four times daily after washing. You may also begin using a mild face soap. You may continue with antibiotic ointment at bedtime. If you have any unusual rash or skin irritation, please discontinue all topical medications and contact our office.
6. After all skin areas are healed, normal washing of your face should be followed by vitamin E or cocoa butter, gently rubbed into the skin.
7. After areas completely healed, use PABA free sunscreen and stay out of sun for at least 3-4 months. You may use water-based moisturizers which will have sunscreen in them.
8. Keep covered with zeroform for 7-60 days.

\*\*\* SURGERY AND SMOKING DO NOT MIX \*\*\*

Research and experience with smoking patients have shown the supply of blood to small capillaries in the tissue is reduced, so the risk of bad healing, failure to heal, or even death of some tissue, increased scarring or other complication increases.

*If you should have any problems or questions, please do not hesitate to contact our office at 412-831-2554.*