

Pre and Post-Operative Instructions for Dermabrasion

Charleston Plastic Surgery

For a speedier recovery, please follow these instructions:

Pre-Op Instructions:

- Please discontinue the use of Retin-A, retinols, and glycolic creams *at least one week before the procedure.*
- If you are prone to fever blisters, cold sores, or canker sores please let our staff know. An antiviral medication will be prescribed to you to prevent fever blisters. Please start this medication *3 days prior to surgery* and continue until the medication is gone.
- The morning of your procedure, cleanse your face well. **Do not apply any toners, creams, or moisturizers.**

Post-Op Instructions:

- **Clean areas of dermabrasion 3-5 times per day by combining the following:**
 - **1 cup of cold water**
 - **1 teaspoon of white vinegar**
- Do NOT scrub the area. If crusting develops, gently soak the skin with the above solution to soften the area and then gently rub away the crust.
- Keep the above solution in the refrigerator, the cool solution will be soothing to the skin.
- After cleansing with the vinegar solution, gently pat the area dry.
- Apply a generous amount of Aquaphor to the area to prevent drying and scabbing. Any drying can cause scarring and result in permanent damage.
- Do NOT pick the scabs, this can cause scarring.
- You will continue with the vinegar/water soaks and the Aquaphor until you are told by your physician to discontinue (typically use 5-7 days after procedure or until redness is gone).
- If itching occurs, you may *take over the counter Benadryl*. Do NOT scratch your face.
- Please contact our office if you experience any excessive stinging, severe itching, redness, or formation of new wounds in a previously healed area.