

POST OPERATIVE CARE DERMABRASION

Post op care:

- Keep head, neck, and shoulders elevated while sleeping
- Ok to take Tylenol immediately and Ibuprofen immediately after surgery (do not take with other acetaminophen medications such as Percocet)
- Take pain medication, antibiotic, and other prescribed medicines as directed
- No make-up until healed
- Avoid exposure of treated areas to sun; use sunblock and hat
- Can operate a motor vehicle 24 hours after last dose of narcotic pain medication
- Do not smoke—smoking delays healing and affects circulation
- **Apply Aquaphor to the affected areas** to keep from scabbing

What to expect:

- Swelling and bruising can occur 48-72 hours post op. May take several weeks (bruising) to several months (swelling) to resolve
- Moderate discomfort usually described as tightness or pulling sensation

Follow-up:

- Follow up appointment 7-10 days post operatively

**DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS
OR CONCERNS**

Pain medication: _____

Antibiotic: _____

Follow-up: _____