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POSTOPERATIVE INSTRUCTIONS FOR DERMABRASION OR CHEMICAL PEEL

After your dermabrasion or chemical peel, you can expect the operated area(s) to burn and “weep” fluid for 8 to 12 hours. Medication will be provided to help comfort you.

Apply the prescribed ointment or non-carbolated petroleum jelly to the affected area(s) as directed. For optimal healing, it is best that these areas be kept well lubricated so they don’t dry out or crack.

Be careful not to pick or otherwise injure the area(s). If itching is a problem, call us and we will prescribe appropriate medication. After three days you may carefully splash warm water and Neutrogena or Lowilla soap on the operated area(s). Pat dry carefully with a clean towel and reapply the ointment or petroleum jelly.

Crusting will clear in 7 to 10 days with the emergence of delicate, new, pink skin. Non-allergic makeup may be applied after two weeks. The pinkness will gradually subside over 6 to 8 weeks.

Avoid direct sunlight on your face 4 to 6 months after your surgery as a blotchy pigmentation may result. This is particularly important in dark-eyed patients. If you must go into the sunlight, wear a wide-brimmed hat and apply one of the #15 sun block preparations available at your pharmacy.

As 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 postoperative dermabrasion course.

If any questions come up, please feel free to call us at any time.