

DERMABRASION INSTRUCTIONS

You will need to purchase: Purpose or Cetaphil soap, antibiotic ointment (Bacitracin or Polysporin) and any prescriptions. Aquaphor is a petroleum based ointment alternative that has no antibiotic.

Two weeks before surgery:

All aspirin and aspirin-like products (Ibuprofen) need to be discontinued unless your medical doctor requires you to take it. (See list of medications containing aspirin and aspirin-like products.) **Please let the doctor know if you must continue these medications.**

Evening before surgery:

1. Nothing to eat, drink or smoke after midnight if you are having general anesthesia or sedation.
2. Wash face thoroughly.

Morning of surgery:

1. Wash face thoroughly. Do not apply face creams or make-up.
2. If you are having general anesthesia, you must remove your contact lenses. You will not be able to drive yourself home if you are having sedation or general anesthesia.

After surgery:

1. Rest and relax with your head elevated above the chest for the next 48 to 72 hours. 2-3 pillows or a reclining chair work well.
2. If prescribed and necessary, take pain medication every 4-6 hours. Always take narcotic pain medicine with food to decrease nausea. If you do not have pain, do not take the medication. For minimal pain, take Extra-strength Tylenol **ONLY**. **DO NOT take aspirin or aspirin-like products (ibuprofen).** Be sure to drink plenty of fluids to keep well hydrated.
3. During the first 24 hours, splash your face with cool water and *gently* pat dry. Do this several times. Apply antibiotic ointment to the treated area and reapply frequently to keep area moist at all times for the next week. Do not let the treated areas become dry.
4. You may wash your face using the recommended soap (Purpose or Cetaphil) the next day. Lather in your hand and use fingertips to gently cleanse the face. Rinse and gently pat dry. Then reapply the ointment. Men may shave 48 to 72 hours after the procedure.

DOUGLAS SIDLE, MD
Facial Plastic and Reconstructive Surgery

Other instructions:

1. Your skin will appear very raw. Apply antibiotic ointment to keep moist for at least 7-10 days, or until this appearance has diminished. Makeup can be applied to the treated area on/around day 7-10 after the procedure at the discretion of the doctor's office.
2. The skin may tingle and itch: these symptoms may be avoided by keeping the treated area well lubricated with antibiotic ointment.
3. **DO NOT PICK OR SCRATCH THE SKIN, AS THIS MAY RESULT IN UNDESIRABLE SCARRING.**
4. Avoid washcloths and abrasive materials on your face for at least seven to ten (7-10) days.
5. Contact lenses may be worn 8 days after surgery.
6. It is important that you *protect the treated area from the sun exposure for the next six (6) months.* Use a sunscreen with an SPF at least 20 with both UVA and UVB protection.

Please do not hesitate to call Dr. Sidle if you have any questions or concerns.

312-695-8182