



Dermabrasion and Chemical Peel Postoperative Instructions

WOUND CARE

- **DERMABRASION:** The treated areas will appear red and irritated. It is important to keep the treated areas well greased, utilizing only Aquaphor Healing Ointment (AHO). Apply this in a uniform thick coat as you would a face cream. The ointment should be reapplied frequently to keep the areas well lubricated. Following healing (7-10 days), you may return to your normal cosmetics and sunblock. Sunblock should be used daily for 6-12 months after dermabrasion.
- **TCA CHEMICAL PEEL:** After the procedure, begin applying Aquaphor Healing Ointment immediately. Keep the area well lubricated (or greased). You may use intermittent cold compresses as often as you desire for comfort. Following healing (7-10 days), you may return to your normal cosmetics and sunblock. Sunblock should be used daily for 6-12 months after chemical peel.
- **WASHING OR SHOWERING:** On the day after surgery, you may begin gently washing your face with mild soap in warm (**NOT HOT**) water. The treated area can get wet. After washing, pat dry and apply Aquaphor Healing Ointment.

AVOID SUN EXPOSURE FROM THE TIME OF YOUR PROCEDURE UNTIL YOU ARE COMPLETELY HEALED (MEANING SKIN IS COMPLETELY BACK TO NORMAL COLOR WITH NO RED OR PINK AREAS). This may take 6-12 months. **USE SUNBLOCK DAILY DURING THIS TIME.**

When make-up ready (approximately 7 to 10 days after procedure), you may begin your usual skin care program again. If you use chemicals such as Retin-A or glycolic acid, start only every other night for the first week, every night the second week and then you may add the morning regime. If it burns or stings too much, wash it off and wait another week before starting the products.

NOTE - THE PATIENT MUST HAVE A RESPONSIBLE ADULT PRESENT FOR THE FIRST 24 HOURS AFTER SURGERY.