



Plastic Surgery & Dermatology Associates (PSDA)
INSTRUCTIONS FOLLOWING DERMABRASION

ON HAND PRODUCTS:

- 3% hydrogen peroxide
- Bacitracin or Polysporin ointment (over-the-counter products)
- Vaseline or petroleum jelly (over-the-counter products)
- Aquafor (over-the-counter products)

TWICE DAILY CARE

Using Cetaphil, Aquanil (these two may be purchased at any drug store) or Obagi Gentle Cleanser (must be purchased from a physician), wash your face gently for 20 to 30 seconds by lathering the soap on your hands and gently patting your face. Splash your face with lukewarm water until completely rinsed clean. Then pat skin dry with a clean towel.

If Dr. Lowe or his nurse has instructed you to use hydrogen peroxide, dilute it half-and-half with clean water. After washing and drying your face apply the hydrogen peroxide mixture. It will bubble and may turn white. If this stings and is too irritating, you may dilute it even further with more water. Hydrogen peroxide will reduce the chance of getting an infection. After applying the hydrogen peroxide, pat your face dry. Be gentle!

Apply a layer of Ointment as instructed over the affected area with clean fingertips or a clean Q-tip.

PRECAUTIONS

You may develop an occasional whitehead from the ointment on your skin – this is normal, so don't be alarmed. If there is a lot of breakout or you get a cold sore, you should be seen in the office immediately.

Excessive facial movement will cause the crust to crack prematurely, so try to minimize facial expressions – also avoid excessive chewing movements.

DON'T PICK OR RUB SKIN – the longer the dead skin stays on your face, the better the result. Picking may cause scarring and discoloration.

DO NOT EXPOSE FACE TO SUNLIGHT – or temperature extremes. Brown irregular pigmentation may occur if sunlight or harsh winds are not avoided. **NO SAUNAS OR STRENUOUS EXERCISING** – sweating will cause stinging and peeling.

Dr. Lowe will advise you with further skin care instructions each time he checks your progress. Every single patient heals differently and will be treated accordingly.

JBL