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Aesthetic Plastic and Reconstructive Surgery
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DERMABRASION / CHEMICAL PEEL POST-OP INSTRUCTIONS

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. Take medications according to instructions on bottles. If you are taking pain medications that make you feel drowsy, have someone else give you your medications according to the proper time intervals. Under such circumstances you could forget and take them too often.
3. The period of greatest discomfort does not usually last more than 24 to 48 hours. Thereafter, you may find you need your pain medication less frequently.
4. Keep A & D ointment over the dermabraded/chemically peeled areas at all times for the first three days. Try to avoid any scab build up.
5. The day following surgery you may wash your face with mild soap and water, and reapply petroleum ointment such as aquaphor or A & D. Replace the telfa dressing. It is important to keep the dermabraded/chemically peeled areas moist at all times to prevent scabbing.
6. The telfa pads are not necessary after the treated areas stop “weeping” but continue to use Aquaphor or A & D ointment.
7. Avoid sun exposure.
8. You may bathe or shower, and wash your hair the first day after surgery.
9. Do not wear make-up of any kind until the dermabraded areas are healed, approximately 7 days.
10. Avoid any exposure to the sun for 6 months after surgery to prevent hyperpigmentation of the skin.
11. No sports or strenuous activities for 1 week following surgery, including exercise walking.

Follow-Up office visit:

1st Visit: 7 days after your surgery

Subsequent visits will be determined by Dr. Sheffield/Dr. Lowenstein. Postoperative photographs must be taken during one of these visits.