



MOBLEY MD

Facial Plastic Surgery  
Skin Care & Aesthetics

Look GREAT  
Feel GREAT

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### Post-Operative Instructions Specific to Dermabrasion

#### 1. How you should expect to feel after surgery:

- You may awaken with an adhesive dressing placed over the resurfaced areas. This dressing must stay in place until your first post-operative appointment. The medical assistant will remove the dressing at that time.
- The resurfaced area will feel swollen, numb and look slightly pink. This will resolve with time.

#### 2. Wound care:

- **Keep the skin clean and moist at all times, using the recommended ointments.** Put a thick smear of Aquaphor or other petroleum-based ointment on the resurfaced areas of the skin. Cetaphil can be used if you are not able to keep the thicker ointments on your skin. Storing the ointments in the refrigerator between use can make them feel refreshing and soothing to your skin.
- Your main wound care assignment for the next 7–10 days is to frequently clean the resurfaced skin and to keep the skin in either a red or pink state. Yellow drainage and crusting can occur and should be removed immediately.
- **Resurfaced skin can have a spectrum of different appearances:**

BAD				GOOD
Actual scab	Hard yellow crusts	Small amount of yellow drainage	Red with pinpoint bleeding	Shiny & pink

- Around day 10, you are able to decrease the number of times you clean the resurfaced skin to twice a day, morning and night. At this point, may begin to use your regular skin moisturizer. The skin will still look pink initially but over time will start to return to its regular color. You're able to use "physician grade" cover-up. We have researched these products extensively, and we recommend Jane Iredale products. They come in all skin shades and have hypoallergenic sunscreen integrated into them. Our staff will be happy to match your skin tone to find the optimal cover-up product. It may take up to 3 months for the redness to fade away entirely.
- At day 10, start using **broad-spectrum sunscreen with a minimum SPF of 30.** This should be used daily, for the best possible results. Re-apply every two hours while outside.

#### 3. Return to work or school:

- Most skin resurfacing patients can return to work or school one week after surgery.