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Facial Plastic and Reconstructive Surgery  
Otolaryngology – Head and Neck Surgery  
Center for Facial Paralysis  
Providence Medical Group  
[www.washingtonplasticsurg.com](http://www.washingtonplasticsurg.com)

**Important phone numbers:**

1. **Providence Regional Medical Center Everett: (425) 261-2000**
2. **Providence Mill Creek ENT Clinic: (425) 316-5100**
3. **Providence North Everett ENT Clinic: (425) 297-5350**

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***DERMABRASION***

**BEFORE AND AFTER YOUR PROCEDURE**

Thank you for choosing Providence Facial Plastic and Reconstructive Surgery for your care. Please follow these instructions for care of your wound. Do not hesitate to let us know if you have any questions.

Dermabrasion is a procedure useful for smoothing out scars and improving the appearance of irregularities in skin contour. We use a medical high-speed rotating fraise to remove the top layers of the skin in a controlled fashion. This will allow the wound skin to “re-grow” and typically results in an improved appearance to the skin or scar. It is best performed between 4-12 weeks after surgery, at which time collagen remodeling is maximized. We perform this in our procedure room under local anesthetic.

You will have a wound to take care of for about 2 weeks. There will be redness of the area after this time, which will resolve over the subsequent few months.

**Before your operation:**

1. Let Dr. Bhama know IMMEDIATELY if you have any history of the following: radiation therapy to the head or neck, use of steroids, use of immunosuppressive agents, herpes sores, HIV, Hepatitis, other blood-borne diseases or use of Accutane (isotretinoin). Using Isotretinoin within the past one year means you should NOT have dermabrasion because it can cause severe scarring.
2. If you have a history of herpes infections and are getting treatment around the mouth area, Dr. Bhama may prescribe an anti-viral, likely Acyclovir, which will be started 2 days before your procedure and continued for 2 weeks total.
3. Do not take any of the following medications for 4 weeks prior to surgery:
  - a. Aspirin (unless it is a 81 mg dose required by your primary care provider)
  - b. Advil containing compounds (Motrin, Alleve, etc.)
  - c. Herbal supplements (Ginko, Ginseng, Garlic, etc.)

- d. Fish oil
- e. Vitamin E
4. Do not smoke for at least 6 weeks before AND after surgery. This includes tobacco, marijuana, cigars, pipes, etc.
5. Do not drink alcohol for 7 days before surgery.
6. Make sure to purchase a few things over the counter:
  - a. Aquaphor<sup>®</sup>
  - b. Gauze pad
  - c. Non-adherent gauze pad
  - d. Cotton tipped applicators
  - e. Ice packs
  - f. Bacitracin
  - g. Vinegar
7. Fill your prescription for anti-viral medication if prescribed and start taking it as directed before your procedure.
8. Avoid sun damage 4 weeks before surgery.

On the day of the operation:

1. Leave valuables at home, and do not wear jewelry.
2. Do not wear facial or eye make-up.
3. Avoid nail polish.
4. Glasses are ok, but do not wear contact lenses.

Specific aftercare instructions:

1. While sleeping, keep your head elevated on at least two pillows for the first 2 weeks after surgery so your head is at 20 degrees or more. This will help your swelling.
2. The swelling will peak at 48 – 72 hours post-operatively.
3. Usually, Dr. Bhama will recommend only Tylenol for pain. You can take these around the clock per the instructions on the bottle.
4. DIET:
  - a. You may eat a regular diet.
  - b. Minimize your salt intake to help reduce swelling.
  - c. Do not drink alcohol – alcohol and pain medications taken together can be dangerous. Alcohol can also worsen your swelling.
5. It's ok to shower 48 hours after surgery.
6. WOUND CARE:
  - a. Leave the dressing in place for 24 hours. You may then remove the dressing and begin wound care.
  - b. For your wound, wash the wound three times daily with a mixture of 1 teaspoon of vinegar in 1 cup of water. This is done to prevent buildup of crusts and remove the weeping discharge. Do not pick at the crusts.
  - c. After cleaning, apply a layer of Bacitracin to the wound followed by a non-adherent dressing.
  - d. Keep the wound out of the sun.

#### General Instructions:

1. ACTIVITY:
  - a. No strenuous activity (anything that increases your heart rate above 100 beats per minute such as aerobics, heavy lifting, bending over) for 4 weeks after surgery.
  - b. After the first two post-operative weeks, you can slowly increase your activity level until back to normal levels at the 4-week point.
  - c. You SHOULD start walking as soon as possible after surgery. This will help reduce your risk of blood clots and improve swelling.
2. Swelling will continue to improve over the next few weeks. It takes up to a full year for the swelling to completely resolve.
3. Avoid wearing clothes that need to be pulled over your head, like a turtleneck. The pressure on your nose can move important grafts that were used in your surgery.
4. *Call the office immediately if:* you have increased swelling or bruising, redness around the incision, severe pain, oral temperature > 100.4 F, yellow/green drainage from the wound, bleeding that does not stop with light pressure, or appearance of any herpetic lesions (cold sores) on the surfaces treated.

#### Long-term care:

1. The facial skin is very sensitive to ultraviolet light after surgery. Keep your face out of the sun as much as possible. Wearing a wide-brimmed hat and using sun block can be helpful. Our Mill Creek Plastic and Reconstructive Surgery clinic sells an ideal sunblock for this purpose.
2. Do not use make-up, sunblock, oils, lotions, or any other supplements to the skin until 4 weeks after surgery.
3. Do not use Retin-A, Glycolics, and Vitamin C preparations for at least 8 weeks after your procedure.
4. Do not swim in a chlorinated pool for at least 6 weeks after your procedure.