



# GARCIA

↔ FACIAL PLASTIC SURGERY ↔

7807 Baymeadows Road East, Suite 303 Jacksonville, FL 32256

## DERMABRASION POSTOPERATIVE INSTRUCTIONS

### Week 1

1. Rinse your hair on the first postoperative day, twice. **Do not use shampoo today.** Allow warm water to run through your hair.
2. On the second postoperative day, wash your hair with **baby shampoo only. Continue for two (2) weeks.**
3. Wash your face with Cetaphil soap and Lukewarm water three times a day with the balls of your fingers. Pat dry, **DO NOT RUB FACE.**
4. Use coconut oil over dermabraded areas after each face washing.
5. Use **cold compression** on the peeled areas starting two (2) hours after the peel to reduce swelling. Continue the cold compression for seven (7) days.
6. Make sure to stand and walk around every hour for 15 minutes.
7. Elevate the head of your bed at least 35-40 degrees for two (2) weeks to help minimize swelling. If you have a recliner, **sleep on the recliner for 2 weeks.**
8. **Do Not** use any hair products such as hair sprays or conditioners for the first two (2) weeks.
9. **Do Not** apply makeup to your face for the first two (2) weeks.
10. **Do Not** use a curling iron or flat iron for two (2) weeks.
11. **Do Not** shave your face for the first two weeks..
12. Take all medication as prescribed.
13. Take Arnica Pills and Arnica cream as directed.
14. Stay away from wind and exposure to salty air.
15. **DO NOT** use any skincare products unless instructed to do so.
16. **DO NOT** scratch your face with anything.
17. **DO NOT** pick at the crusts.
18. **DO NOT** wear glasses unless instructed to do so.

### Week 2

1. Continue to wash your hair twice a day.

2. Continue to wash your face with Cetaphil twice daily with the balls of your fingers.
3. Only use Coconut Oil, or NeoCutis Biocreme if instructed to do so.
4. **DO Not** use make up yet.
5. **Do Not** scratch your face with anything.
6. **Do Not** touch areas with your fingers unless clean.
7. **Do Not** touch areas with cotton, Q-tips or Kleenex.
8. **Do Not** pick at the crusts.

**What to expect at your 2 week appointment.**

At your 2 week appointment Dr. Garcia will evaluate you to make sure everything is going accordingly.

**Remember:**

1. You may resume normal activities.
2. You may resume hair care.
3. You may resume skin care as recommended.
4. Use sunblock, at least SPF 30.
5. You may resume mineral based make-up.

*Generally you will be scheduled for 1 day, 1 week, 2 week, 1 month, 3 month, 6 month and 1 year post-op appointments!*

**904-203-8282**

Person Receiving Instructions:  
*(one copy to patient, one copy in chart)*

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Person Reviewing Instructions:

\_\_\_\_\_

Date/Time: \_\_\_\_\_