



SMITA R. RAMANADHAM, M.D.
PLASTIC SURGERY

Dermabrasion Care Instructions

Cold compresses can be used for comfort.

You may shower the day after.

You may be given prescriptions for pain medications or antibiotics, this should be used as directed.

Bacitracin ointment can be applied lightly 3 times daily for 3 days. EltaMD sunscreen should be used following this.

Swelling is normal and will improve after 72 hours.

Peeling and crusting will occur in 5-7 days. Allow skin to peel and crusts to come off on its own. If removed too early, this can cause scarring and pigment changes.

EltaMD sunscreen or light moisturizer can be applied after peeling is complete.

Normal skin care can begin after 7-10 days when peeling is complete.

Your skin will be sensitive to the sun for up to one year after. It is important to wear sunscreen (30 SPF or higher) daily regardless of weather, a hat, and sunglasses. If you will have extensive sunlight exposure, be sure to reapply every 2 hours.

Call Dr. Ramanadham if you notice fevers, redness, pain, increased swelling, drainage, rashes, or foul odor.