



JONATHAN HEISTEIN, M.D.
PLASTIC & RECONSTRUCTIVE SURGERY

DERMABRASION HOME INSTRUCTIONS

ACTIVITY

- You must take it easy.
- Do not do any strenuous activity for 24 hours.

MEDICATION

- **Do not take aspirin products unless directed by Dr. Heistein!**
- Take medications as prescribed and directed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain.
- Ask Dr. Heistein about medication for fever blisters if you have ever had one.

WOUND CARE

- **Do not smoke!**
- **Do not expose the area to the sun or tanning bed!**
- You may shower but do not bathe, swim, or otherwise submerge in water – remove any bandages, wash gently with soap and water, then reapply as directed (see below)
- Apply Bacitracin (antibiotic) ointment twice daily for three days – if this is a small area, then cover with dry gauze pad.
- After three days, then apply moisturizing cream 2-3 times per day to keep moist.
- Cover with dry gauze if small area.

PROBLEMS

- **Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:**
- Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:
 - Temperature above 101.
 - Excessive drainage.
 - Increased pain that is not relieved by pain medication.
 - Bruising is common with this procedure. Call if it becomes excessive.
- **If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.**

ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief.
- You may have muscle soreness, a jittery feeling, or nausea for 24-48 hours.
- If you had local anesthesia, you may have pain at the surgical site when the medicine wears off.

SPECIAL INSTRUCTIONS _____

FOLLOW-UP

- Please call tomorrow to schedule your post-operative appointment for _____
(unless previously scheduled)