

## **EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY**

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### **DERMABRASION**

#### **>>PATIENT INSTRUCTIONS >>**

Please read and familiarize yourself with these instructions both **BEFORE** and **AFTER** your procedure. By following them carefully, you will assist in obtaining the best possible result from your surgery. If questions arise, please contact our physicians or nurses.

#### **PRE-OPERATIVE:**

- If you experience signs or symptoms of an upper respiratory infection or other illness within five days prior to surgery, please call our Surgical Coordinator at 610-363-2532 ext. 108.
- If you develop any severe skin eruptions on your face within a week prior to your surgery, please call our office.
- For one (1) week prior to surgery, you should not take any aspirin or aspirin containing drugs, nor any ibuprofen or ibuprofen containing drugs. Examples of these include Advil (Motrin), Naprosyn (Naproxen), or Fiorinal. Also, supplements which should be avoided include Vitamin E capsules, omega 3 (fish oil), or glucosamine chondroitin. If you are required to be on any of these medications, discuss this matter directly with your ENTACC provider before stopping. If you are on Coumadin (Warfarin), Aspirin, or Plavix, please discuss with the prescribing physician about how to adjust this medication prior to your surgical procedure.
- Do not eat or drink anything, including water, after midnight prior to surgery.
- The physician will provide you with prescriptions for medications to take at home following surgery. Please be prepared by filling your prescriptions prior to your surgery. Take only the medications prescribed by your physician(s).
- Call our office at 610-363-2532 if you have any questions about your procedure.

#### **POST-OPERATIVE:**

- Any pain medications prescribed by our physicians are safe to use in the post-operative period. For children, liquid acetaminophen (brand names Tempra and Tylenol) may be used with the dosage determined by the age of the child. Adults may use tablets or capsules of acetaminophen with the same brand names.
- Sleep with your head elevated on two or three pillows. Avoid sleeping on or rolling over on your face or nose.
- Minimize facial movements for about one week, avoiding excessive smiling, grinning, etc.

- Avoid extreme and strenuous activity. Obtain more rest than normal. Most patients stay out of work or school for about seven to ten days. Circumstances surrounding your employment may allow you to return to work sooner or require you to stay out longer.
- Take tub baths until the skin has healed completely. This will generally require about seven to ten days. Thereafter, you may shower. If you absolutely must shower prior to this period, be careful to avoid splashing water on your face.
- Wear clothing that fastens in the front or back for seven to ten days. Avoid slipover sweaters, turtlenecks, etc.
- Absolutely avoid all exposure to the sun both indirect and reflected, and avoid the use of sun lamps for two months following surgery. You should use a good quality sunscreen for a period of two to four months. The sunscreen should be even more prolonged in those patients in whom full pigmentary return has not occurred during this time.
- Do not swim for at least six weeks following surgery. Heavily chlorinated water is extremely irritative to the skin.
- Avoid extremes of heat, cold and wind. Prolonged exposure to cold, heat or wind in the immediate post-operative period can result in a loss of new skin, and scarring.
- If you wear eyeglasses, please discuss this with us prior to surgery.
- In the immediate post-operative period, you will be required to apply Bacitracin Ointment copiously to all areas which have been abraded. This should be done with a clean tongue blade or applicator. You will note some weeping or crusting in the areas below the dermabrasion region. Generally, these will accumulate below the jaw line. They can be gently removed with a clean, moist wash cloth. Do not use any soap or water on your face until after you have been cleared to do so. About seven to ten days following surgery, we will instruct you to begin cleaning your face gently by patting the face with a damp wash cloth using **DOVE COLD CREAM SOAP**. The new skin should then be kept moist by using cold cream (USP) or moisturizing cream. Please discuss this matter with us.
- After the passage of one week following complete return of the skin to the face, a light make-up may then be applied. Regular make-up may commence after three to four weeks.
- The intense pink color will fade rapidly, but an excess pink coloration will remain for six to eight weeks. Milia are frequently seen in treated areas. These appear as small elevations. They usually disappear in two to three months without specific therapy.

If you have any questions concerning your comfort or care, please contact our office at 610-363-2532.