



DR. COLIN MCINNES

PLASTIC SURGERY

Dermabrasion – Post-Procedure Instructions

General Care After Surgery

- Expect redness and a raw surface where you have had dermabrasion, this is normal.
- With clean hands, apply Vaseline (Original Healing Jelly) to keep the area moist as needed.
- Do not use Polysporin (can get a Polysporin rash!).
- Avoid scratching the raw surface or picking any crusts.
- Minimize (try to avoid) direct sunlight on your skin for the next 6 weeks.
- 10-14 days after surgery, use a SPF 30 or greater facial moisturizer that has proven not to irritate your skin. See Dr. McInnes before switching to sunscreen. Use the SPF moisturizer for at least 6-12 months.

Washing

- Water can run over the dermabrasion site 48 hours after the procedure but do not vigorously wash your face at that time. Do not have any shower spray land directly on your face, let the water run down from your hair.
- 4 days after your operation, the dermabrasion site can be gently cleansed with clean water (no strong soaps) and Vaseline is re-applied afterwards to keep the area moist while it heals.
- It is ok to use mild shampoo when washing. Try to avoid having the soap run over the dermabrasion site as much as possible.
- Do not rub your dermabrasion site to help it dry.
- No baths, pools, hot tubs, or lake water for 6 weeks.

Medication

- Anti-Pain medication can be taken after surgery. I generally recommend 2 extra-strength Tylenol and 400-600mg of Advil every 6 hours. You need some food in your stomach with Advil, but this regimen has a low side-effect profile and works well (take them together as they do not interact).
- Resume prescribed medications unless otherwise stated.
- Do not use fish-oil and herbal supplements etc. for at least 2 weeks after surgery.
- Take any medications/antibiotics as prescribed at the appropriate times until completed.

Special Note

- If you notice concerning green discharge on your face, a shingles outbreak, or if you develop a cold-sore, please contact Dr. McInnes within 24 hours.

Follow Up Care

- You will need to see Dr. McInnes after your procedure, ideally no later than 10 days. Please arrange with our office to confirm the time and location. You may be required to visit Dr. McInnes at a hospital to have a check. Dr. McInnes may call you the evening of your procedure, if so, please try to answer your phone (even if it's from "unknown caller").

Weekday Care (8 am to 5 pm)

- For general inquiries/questions email office@doctorm.ca or call the office (for more concerning issues call the office).

Weekend, After Hours, and Emergency Care

- If on weekends, after hours, or an emergency, please call 604-527-4925 and ask to speak with Dr. McInnes. If he happens to be unavailable ask for the plastic surgeon on call.

Contact

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- 604-515-8847
- www.doctorm.ca