



Dermabrasion/TCA Peel Instructions

This handout provides information on how to prepare for your Dermabrasion and/or TCA Peel procedure and what to expect as you are healing. Please read the handout carefully. Feel free to ask questions at any time.

Important information about preparing for your Dermabrasion/TCA Peel Procedure:

1. Do not take products containing aspirin, ibuprofen (Advil, Motrin), Vitamin E or red wine for 2 weeks prior and for 2 weeks after your operation. Many of these medications contain compounds that are known to prolong bleeding. It is safest to take only Tylenol® for aches and pains prior to your operation.
2. Your prescriptions will be sent to you ahead of time. You should fill these prior to surgery and have them available for when you arrive home from the hospital.
3. Please arrange for a friend or family member to stay with you for the first 24-48 hours following your procedure.
4. Be aware that you will not be able to fly for two weeks following your operation and please plan accordingly.
5. Plan your postoperative "disguise." It is very important that you protect your skin from exposure to the sun for six to twelve weeks following your dermabrasion.
6. If you are having dermabrasion - whether or not you are prone to cold sores around your mouth, we will start you on a prophylactic course of Zovirax for 2 days prior to your procedure and for one week after.

On the day of your operation:

1. On the day of your operation, do not wear makeup, contact lenses or jewelry. Do not use hairspray, gel or mousse. Remove all nail polish from your fingernails.
2. Please keep your valuables at home. You may bring your glasses and a pair of sunglasses for the car ride home.
3. Wear comfortable clothing that is easy to dress in and out of. Wear a shirt that buttons down the front.

After your operation:

1. After your operation, the area where you had the procedure will look red and irritated, and may be "weeping" a small amount of blood. This is normal. You may also experience a burning/stinging sensation in the area; cool compresses can help to relieve this.
2. You will apply Aquaphor to the area 3 times a day for the first week, making sure to keep the area moist. Dr. Gerstle may suggest that you continue the Aquaphor application after your one week visit to our office.
3. Sleep with your head elevated on several pillows arranged in a wedge.
4. For the first 48 hours, rest quietly with minimal talking or laughing. You may get up to use the bathroom or to take a light walk around the house. Exercise caution in your home and be careful with tasks such as climbing stairs when you are taking pain medications.
5. The most common complaint after the operation is nausea, although this generally passes within 24-48 hours. It is important that you drink liquids frequently after your operation. Do not take your pain medication on an empty stomach as you may experience nausea and/or vomiting.
6. Use the pain medication as prescribed when you are feeling uncomfortable.
7. On the first day after your operation, you may gently wash your face and pat it dry (unless you also had a facelift procedure, in which case you can gently wash your face by patting it with a face cloth, careful to not get the bandage wet).
8. You will be able to wear makeup 2 weeks after your operation.
9. Light exercise is permitted after 2-3 weeks.
10. Avoid the sun for 6 weeks after your operation. You must use sunscreen with an SPF of 30 for one year after the surgery. Apply the sunscreen to your face and directly over the scars. It is recommended that you continue to use sunscreen after one year.
11. You will be able to drive after one to two weeks. Be aware that pain medications cause drowsiness and should not be used before driving.

What to expect as you are healing:

1. The redness in the area of the procedure may persist for several weeks to months. This will get better with time.

Follow-up appointments:

1. You will have several follow-up appointments after your procedure.
2. Your first follow-up appointment will be at 1 week.
3. Your second appointment will be at 3 weeks.
4. Subsequent appointments will be suggested by Dr. Gerstle as needed.

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