

**ROD J. ROHRICH, M.D.**  
**PLASTIC SURGERY**

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**DERMABRASION**  
**AFTER CARE INSTRUCTIONS**

**EARLY:**

1. Cold moist compresses help cleanse and soothe the dermabraded areas. These should be applied at least 4 – 6 times the first day. You may shower the day after the dermabrasion.
2. Pain medication and antibiotics should be taken as directed.
3. Bacitracin ointment should be applied very lightly to dermabraded areas 3 times a day for the first **3 days only**. Following this, allow to heal naturally and begin to peel slowly.
4. Most discomfort will be 4 – 8 hours following the dermabrasion. Most swelling will be within the first 3 days.
5. Most crusting and peeling occurs within 5 – 7 days following the dermabrasion.
6. Hypoallergenic moisturizers and cosmetics may be applied after 7 – 10 days.
7. Normal skin care routine may be resumed 7 – 10 days following the procedure.
8. Your skin is fresher and smoother at this time. This also means that it is more susceptible to the sun's damaging rays and very prone to sunburn. Please apply sun block **SPF 20** or greater for at least the first six months.
9. Your first follow up visit will be approximately 5 – 7 days after the dermabrasion. Please call for an appointment or if you have any questions.

**LATE:**

1. Direct and indirect sunlight should be avoided for at least 12 months.
2. Sunscreen with **SPF 20** or greater should be applied daily.
3. Hypoallergenic moisturizing creams (i.e. Clinique, Elizabeth Arden, etc.) can be used daily if your skin remains dry and flaky.

**IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. ROHRICH**

If you are a patient at one of the facilities below, please call between the hours of 8:30-5:00. If you need immediate care, please call Dr. Rohrich anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Rohrich's cell: 214-500-4870

Dr. Rohrich's email: [rod.rohrich@utsouthwestern.edu](mailto:rod.rohrich@utsouthwestern.edu)

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