

POST-DERMABRASION RESURFACING INSTRUCTIONS

General Cleaning Instructions for the First Seven Days

1. On the morning after the procedure, carefully remove the yellow zero foam gauze patch.
2. Wash and clean gently in a circular motion with clean hands or a soft damp cloth. Use a mixture of one tablespoon of white vinegar and one cup of distilled water.
3. Rinse off with distilled water by gently splashing the face over the sink or squeezing a soft damp cloth over the area.
4. Dry area gently by patting off the water with a soft cloth.
5. Apply Aquaphor ointment evenly over the entire demabraded area using a cotton swab. We recommend applying ointment at least four times per day to avoid drying your skin out.
6. For the first day, cleansing should be done twice a day. You then may begin cleaning up to four-times per day, as tolerated. Wash your face less if it causes too much discomfort. Continue this process for seven days.
7. After seven days, a new skin layer will have formed. At this point, you may stop applying Aquaphor to your dermabraded skin and start using Cetaphil lotion. Dr. Gardner or a staff member will tell you when you are ready to transition to this step.