



HOBGOOD FACIAL PLASTIC SURGERY
8415 N Pima Rd Ste 120
Scottsdale, AZ 85258
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Dermabrasion (Sanding) Instructions

YOU WILL NEED TO PURCHASE: CETAPHIL OR CERA VE SOAP, ANTIBIOTIC OINTMENT (BACITRACIN/POLYSPORIN).

Evening Before Surgery

1. **DO NOT SMOKE, EAT OR DRINK (including water) ANYTHING 8 HOURS PRIOR TO SURGERY.** This includes gum, candy, mints, etc.
2. Take medications as prescribed.

Morning of Surgery

1. Wash your face thoroughly, removing all makeup.

After Surgery

1. Rest and relax with your head slightly elevated (2 pillows) for the next 48-72 hours.
2. If prescribed and necessary, take pain medication as directed on bottle. If you do not have pain, do not take prescribed pain medication. For minimal pain, you may take Extra Strength Tylenol.
3. Be sure to drink plenty of fluids to keep well-hydrated.
4. During the first 24 hours, splash your face with cool water and gently pat dry with clean towel or cloth – do not use wiping motion. Do this several times throughout the day. Apply antibiotic ointment to the treated area and reapply frequently to keep area moist at all times for the first week after your procedure.
5. You may wash your face using the recommended soap (Cetaphil/Cera Ve) the day after your procedure. Lather in soap in your hands and use fingertips to gently cleanse face. Rinse and gently pat dry with clean towel or cloth – do not use wiping motion. Men may shave 48-72 hours after procedure.

Other Instructions

1. Your skin will appear raw. Apply antibiotic ointment to keep skin moist for at least seven to ten (7-10) days, or until this appearance has diminished.
2. The skin may tingle or itch. These symptoms may be avoided by keeping the treated area well-lubricated with antibiotic ointment.
3. **DO NOT** pick or scratch the skin as this may result in undesirable scarring.
4. Avoid washcloths and abrasive materials on your face for at least seven to ten (7-10) days.
5. It is imperative that you protect the treated area from sun exposure for the next six (6) months. Use a sunscreen with an SPF of at least 20 with both UVA and UVB (broad-spectrum) protection.

Please don't hesitate to call the office, day or night (there is an on-call physician outside of our office hours) at 480-214-9955 for any active bleeding, persistent vomiting, or a persisting fever that does not come down with the proper use of post-operative prescription medications or Tylenol.