

## 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.