



WHAT TO EXPECT: After dermabrasion, it is normal for the treated area to appear red and raw. Some swelling and fluid drainage are expected during the early healing period. Small whiteheads may develop; do not pick at them, as they will resolve on their own. The skin typically heals within 7–10 days, though a pink color may persist for 2–4 months as healing continues. Shaving of treated areas and application of hypoallergenic makeup may be resumed after 7–10 days.

SKIN CARE: Keeping a protective barrier on the skin is essential for proper healing. Apply Aquaphor generously to the treated area throughout the day. You may shower and gently wash your face two days after the procedure. Avoid scrubbing or using exfoliating products until the skin is fully healed. After washing, gently pat the skin dry and apply Aquaphor immediately. As the Aquaphor warms and “melts” off, gently cleanse the face and reapply. This may need to be repeated 5–7 times per day. After 5–7 days, you will transition from Aquaphor to Locoid cream applied twice daily, as directed by our staff.

ADDITIONAL INSTRUCTIONS: Avoid direct sunlight and wind exposure to the face for 4–6 months following your procedure, as this can cause uneven or blotchy pigmentation. This is especially important for patients with darker skin tones. Wear a wide-brimmed hat and apply sunscreen with SPF 30 or higher that contains zinc oxide.