



### Dermabrasion Wound Care

You have undergone dermabrasion in order to improve your surgical scar. This process resulted in the removal of the top layer of skin, which will need to be allowed to heal. Your skin will remain pink for several weeks after the procedure, but this will resolve over time.

Please perform the following in order to care for your wound:

- Leave the dressing that was applied in clinic in place for 24 hours. **Do not get this dressing wet.**
- After 24 hours, **gently** cleanse with warm soap and water or warm water and hydrogen peroxide in a 50:50 mixture using a new, clean cotton ball or Qtip every time.
- Apply a **liberal** amount of Vaseline, Aquaphor or other petrolatum ointment.
- Wash hands.
- Repeat several times daily for two weeks
- If after two weeks there are any areas that get a small crust, continue to apply Vaseline to them several times daily.

### Other tips to improve the appearance of your scar:

- Make sure you protect your scar from the sun! Wear a broad-spectrum sunscreen every day of SPF30+ on the site, or keep covered with clothing.
- Massage Vaseline at least once a day after it has healed can improve the texture of the scar.
- Over-the-counter scar gels tend to be disappointing. If you are interested in a prescription compound, discuss this option with your provider.