

Post-Shave Excision and Dermabrasion Wound Care:

Supplies Needed For Post-Treatment Care:

- Gentle cleanser (such as Cetaphil)
- Vaseline or prescribed antibiotic ointment
- 4"x4" (10x10cm) gauze
- Non-stick gauze and tape for dressing changes (as needed)
- Ice packs

Instructions

- Apply an ice pack to the area immediately following your procedure
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity and taking pain medications, may promote constipation. You may want to add more fiber to your diet, and increase fluid intake.
- Take pain medication as needed.
- Do not drink alcohol if taking pain medications or antibiotics. Even when not taking pain medications, try to avoid alcohol for 1 week as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Avoid activities that raise your blood pressure, including bending, lifting and rigorous sports.
- Try not to bend over at the waist and DO NOT lift over 20 pounds for the first week.
- You may resume exercise in 10 days
- Do NOT swim until the wound has completely healed over
- Return to work based on how you feel.

Incision Care

- For the first 24 hours, simply apply a thick layer of Vaseline to the wound every 3-4 hours and keep the area covered with a non-stick bandage (if possible)
- You may cleanse the area starting 24 hours after the procedure using warm water but NO soaps or cleansers
 - You can simply rinse the area in the shower or apply a plain warm water soaked wash cloth to the area
 - Cleanse the area 3 – 4 times per day (i.e. every 4-6 hours)
 - Expect the skin to “weep” fluid for the first 3-5 days.
 - As the fluid collects on the skin, a thin yellow film may appear
- After cleansing the area, apply a thick layer of Vaseline and a non-stick bandage (if possible)
 - Do this 3 – 4 times per day
- **Your skin will want to form a scab, but your goal is to avoid this.**
 - Keep the area moist and covered with ointment in between soaks at all times.
- If bleeding occurs at the area, apply pressure with a finger for 10 minutes
- Once the area has healed completely (it will appear pink and will no longer weep fluid) you can resume your usual cleansing routine using a gentle cleanser (i.e. Dove, Cetaphil or Spectro Gel) and apply your usual moisturizing lotion and sunscreen (anything with an SPF of 30 or higher).
- Avoid exposing the area to the sun for at least 6 months.

Post-Shave Excision and Dermabrasion Wound Care (continued)

What To Expect

- Maximum discomfort and swelling will occur in the first two days, improving each day thereafter.
 - Apply ice (ice-pack or ice in a ziplock bag) to the wound for the first 24 hours
- Expect the skin to “weep” fluid for the first 3-5 days
- Do your best to prevent your skin from forming a scab by soaking the area with warm water on a wash cloth and applying a thick layer of vaseline

Appearance

- Bruising and swelling will gradually decrease over 1-2 weeks
- Healing is a gradual process and typically takes ~14 days for the wound to appear pink and no longer weep fluid.
- The scar/wound site may remain slightly pink for 6 months or more.
- It is safe to start wearing makeup once the wound has completely healed – looks like normal pink skin
- Once completely healed, you may purchase and apply Silicone Gel, this may improve your scar

Follow-Up Care

- Follow up with Dr. Brandt as instructed

When To Call

- If you have increasing swelling or bruising.
- If you have severe or increased pain not relieved by medication.
- If you have an oral temperature over 38°C
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with pressure.

Feel free to email with any questions at info@drbrandt.com