
DERMABRASION

Thank you for choosing the Johns Hopkins Facial Plastic Surgery Center for your upcoming treatment. We want you to have the best and safest experience possible. If you have any questions or concerns, please do not hesitate to contact our office. We look forward to helping you achieve your goals!

Important Phone Numbers

- **Dr. Patrick Byrne:** (410) 955-4985
- **Dr. Kofi Boahene:** (410) 502-2145
- **Dr. Lisa Ishii:** (410) 955-4985
- **Dr. Shaun Desai:** (443) 997-6467
- **Lou Ellen Michel, R.N.:** (410) 583-7183
- **Evenings/Weekends Emergency:** (410) 955-5000 – *please ask for the ENT resident on-call*

General Information

Dermabrasion is a cosmetic technique that uses a mechanical medium for exfoliation to remove the outermost layer of dead skin cells from the skin's surface. Dermabrasion can provide substantial improvement in irregular skin tones, aged and sun-damaged skin. It also helps to correct fine lines and wrinkles, age spots, and superficial pigmentation. It provides general exfoliation, skin rejuvenation, reduces blackheads and whiteheads, and helps alleviate post-traumatic pigmentation.

It is important to keep in mind that the dermabrasion treatment **cannot stop the process of aging**. It also cannot remove "crow's feet" or wrinkles around the eye or completely eliminate dark circles under the eyes.

- **Risks of dermabrasion:** All treatments involve a certain amount of risk and limitations. Although the risks of treatments are overall quite low, potential complications from surgery include and are not limited to:
 - A burning sensation or stinging may occur during the treatment.
 - Possible side effects include, but are not limited to peeling, tightness, mild to extreme redness, suction marks, and windburn sensation, dry and flaking skin.
 - The results of this treatment may vary due to conditions such as age,
 - Condition of the skin, sun damage, damage due to smoking, climate, etc.
 - Some patients may experience redness, irritation, dryness, post treatment
 - Acne flares, or folliculitis.
 - Blemishes and/or cold sores may result after this treatment.
 - This treatment is a cosmetic treatment and no medical claims are expressed or implied.

Before Your Treatment

- Inform your provider if you have a history of facial and/or nasal herpes to receive advice on antiviral therapy prior to treatment.
- **7 DAYS BEFORE** treatment: Avoid chemical peel, waxing, electrolysis,
- Laser treatments or threading within 7 days before and after this treatment.
- **5 DAY S BEFORE** treatment: Do not receive injections of Botox, Collagen, Juvederm, Restylane, Perlane, or other injectable.
- **3 DAYS BEFORE** treatment: Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other "anti-aging", "acne", and "bleaching" products.
- AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Avoid excessive sun exposure and wear a broad-spectrum sunscreen daily of SPF 30 or higher.

What You Will Need:

- Prescriptions (given day off treatment if necessary)
- Aquaphor
- Cotton-tipped applicators (Q-tips)

Day of Treatment:

- Please arrive to the office with a “clean face”. Please **do not wear makeup**, if possible.

At Home After Treatment:

- It is normal for skin to appear red and inflamed. Light scabs may form in the treated area and remain for 24 to 48 hours.
- Discontinue use of all topical products for 72 hours following treatment.
- Moisturize with Vaseline or Aquaphor for 7-10 days.
- Cleanse skin with a mild cleanser 2 X a day (i.e., Obagi Foaming Facial Cleanser).
- Do not use heavy makeup for the first day.
- Avoid excessive sun exposure, including tanning booths, and wear a broad-spectrum sunscreen daily of SPF 30 or higher.

Follow-Up Care:

- **First Appointment:** If needed, return to see nurse Louellen for wound care.
- **Additional Appointments:** Ideally, we would like to see you about 3 months after this treatment to examine the healing. After this, the follow-up is quite variable, and depends on how you are doing and feeling. Often, this means visits at about 6-9 months, and 12 months after treatment to follow your healing process. Please call the office at any time if you have any questions or concerns and would like to be seen sooner than your next scheduled visit.