

CRUISE PLASTIC SURGERY

180 Newport Center Drive, Suite 150, Newport Beach, CA 92660, Phone: 949-644-4808

PRE - & POST- OP INSTRUCTIONS

TIME FOR SURGERY: 45 MINUTES

DERMABRASION

RECOVERY TIME: 2 - 3 WEEKS

BEFORE SURGERY

1. Let the doctor know of all medications taken daily.
2. Avoid sunbathing for 2 weeks prior to surgery.
3. Arrange for someone to drive you to and from surgery if you take Xanax.
4. Be prepared for your face to be red and peeling for the first 7 to 10 days.
5. Please make sure to let Dr. Cruise know if you have ever taken Accutane or have had oral herpes.
6. Six - week pre-treatment with OBAGI skin care line, Retin-A and Hydroquinone recommended for darker skin patients.

THINGS TO PURCHASE BEFORE SURGERY

1. Xanax.
2. Bacitracin or Neosporin - drug store
3. Hydroquinone alone or OBAGI System I - at our office.
4. Hydrocortisone Cream 1% - drug store.
5. Mineral Mist adds relief to the skin and promotes healthy healing - purchase at our office
6. Wide brimmed hat to protect yourself from the sun on the way home. You might consider a shawl to cover your face. You will not want people to see your face.
7. Coverage Make-up. (before or after) Schedule complimentary consultation with Molly our Esthetician at TLC Cosmetic, to discuss the best options for camouflage make-up. Mineral make-up is best for promoting healthy healing skin.

THE DAY OF SURGERY

1. Shower and clean your face aggressively with soap to remove facial oils. Do not apply anything to your face including moisturizers or make up.
2. Shave facial hair (men).
3. Do not bring any jewelry or valuables with you on the day of surgery.
4. Pack your bag before you leave to the surgery. This should include:
 - all paperwork
 - reading glasses
 - your identification
 - warm cotton socks
 - all medications
 - hat and shawl to cover your face before you leave

AFTER SURGERY

1. No bandages are necessary.
2. Apply thin layer of Bacitracin to treated area twice a day or more if treated area becomes dry. After the scabbing has stopped you may stop using it.
3. Do not scratch area as bleeding will cause prolonged healing and possible hyper pigmentation.
4. Stay out of prolonged exposure to sun for at least 4 months or use sun protection.
5. You may start applying make up when skin is no longer irritated.
6. Post treatment redness is common. It will fade away over time. It may persist for up to 6 months. Hydrocortisone is helpful to clear up this redness.
7. Begin Hydroquinone when scabbing goes away. This will help prevent hyper pigmentation. Finish entire bottle.
8. After 10 days continue with adequate skin care to maintain your results.

WHAT TO EXPECT AS YOU RECOVER

1. Treated area will appear red and irritated. The redder it appears, the better/dipper the treatment.
2. You might swell and if you do use hydrocortisone cream. Also use hydrocortisone to diminish itching and redness. Use Bacitracin if your face becomes dry. If hydrocortisone or the Bacitracin make your skin tingling stop using it.

WHEN TO CALL US

Post surgical complications are rare and are often easily solved by the doctor if you notify us. Call us if you experience any of the following: a temperature of 101 F or higher, your face becomes painful or if you think that anything is wrong. Please call the office during regular business hours @ 949-644-4808 after hours call Dr. Cruise @ 949-310-8055. If either of the previous numbers fail please call our Back-up line @ 949-266-4018.

Patient Signature

Date

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Representative of Cruise Plastic Surgery