

DERMABRASION

Dermabrasion At A Glance

<i>Treatment for:</i>	Removes or improves facial scars and wrinkles
<i>Expected Results:</i>	Smoother, healthy, and more youthful-looking skin
<i>Treatment Time:</i>	Approximately 1 hour
<i>Recovery Time:</i>	10 to 12 days to heal; 2 weeks return to normal activities; 4 to 6 weeks for some residual redness
<i>For Best Result:</i>	Use of retinoids before and after dermabrasion will help regenerate new skin cells

Dermabrasion smoothes the surface of skin through a method of controlled surgical abrasion. The skin surface is frozen hard and abraded with a rotating brush or diamond wheel, giving the skin a smoother appearance. Metaphorically speaking this is like sanding the top of a rough table to remove the gouges.

What does dermabrasion treat?

- *Ice pick scars*
 - Mostly from acne, these types of scars can be shallow or deep and usually appear on the cheek. They are small, with a somewhat jagged edge and steep sides — like wounds from an ice pick.
- *Saucer-shaped scars*
 - Also caused from acne, these scars are larger with either soft or hard edges.
- *Chicken-pox scars*
 - May have either soft or hard edges
- *Irregular scars from acne or trauma*
- *Linear scars from lacerations or surgery*
- *Raised thickened scars*
- *Deep lines like creases or furrows*
- *Tattoos*
- *Birthmarks*
- *Keratosis*



Before



After

Who are the best candidates for dermabrasion?

Patients of any ethnic background or color of skin can have a dermabrasion. Dr. Alkek performs more dermabrasions in Texas than any other physician, and also has experience with all types and colors of skin. Men and women of all ages, from young people to older adults, can benefit from dermabrasion.

What should I expect during the treatment?

Depending on how large an area of skin is involved, the procedure usually takes from 30 minutes to an hour and a half, but the patient should expect to be in the office for two hours.

Areas around the hairline, eyes, nose and mouth are treated with a chemical peel before the dermabrasion to blend those areas with the dermabraded area. Anesthetist-administered I.V. sedation is given to prevent discomfort during the procedure.

What should I expect after the treatment?

Immediately following the procedure, the face is completely bandaged. The patient may feel some tingling or burning immediately after the treatment; but usually there is no pain. Medications are given for swelling, discomfort or to aid in sleeping.

We recommend having someone drive the patient to and from the office on the day of the procedure, as well as the next several days for follow-up care. Bandages will be changed in the office daily during the first week following the procedure, and every other day the following week.

The face is usually healed in 10 to 12 days, but the new skin may be pink for 4 to 6 weeks. Makeup may be applied at the end of the second week.

Are there any activities I should avoid following the procedure?

Do not plan on outdoor activity with exposure to the sun for at least one month following the dermabrasion.

Dr. Alkek will provide detailed instructions to care for your skin after surgery. It's very important that you understand our instructions and follow them exactly, to ensure the best possible healing.

Please download our brochure on Dermabrasion for more details.