



## Post Acne Surgery Care

Acne Surgery is the submission of acne scars, the removal of milia (small cysts), sebaceous hyperplasia, seborrheic keratosis or any other unwanted bump on the growth on the face that is not cancer only being removed for cosmetic reasons. We can use snip excision, electrocautery, cryotherapy or many other modalities to remove and improve the appearance of the skin by making the skin more even in texture.

The instructions below will help the skin heal more quickly, and make the final outcome look its best. The immediate moderate discomfort will disappear in about 15 to 20 minutes, although you may experience minor discomfort for one to two days. You will see an area of redness where the skin was treated, and it may feel a little tender to your touch. A light crusted spot usually forms within a few days, often times within a few hours. Do not disturb, scrap, scratch or burst this crust. Over time, the crusted area will fall off; it falls off when the new skin under the crust has grown over the wound, new skin has formed, and the treated spot is all sealed up and healed up.

This entire process usually takes up to 2 weeks.

### Wound Care for Treated Area(s):

1. Keep the area clean by washing with a mild soap and water at least 2 times a day.
2. Pat the area dry, taking care not to disturb the crust.
3. In general, apply a thin layer of Petrolatum ointment (such as Aquaphor Healing Ointment, petroleum jelly, vaseline) to the area, again, being careful not to disturb the crust.
4. Dressings are not needed; the vaseline acts as a "sealant"- keeping the crust moist so that the new skin will heal more quickly.
5. After the crust falls off, the skin underneath may remain red for several more weeks; that is normal. At this time, stop the vaseline product, and use a bland thick moisturizer and sunscreen as needed to the area. The redness will fade over several weeks.

An example of a good moisturizer to use is: Neocutis Biocream, Avene Cicalfate (sold in our office) or Vasoline ointment (sold in the pharmacy). Should the area become extra tender, continue to weep, or the drainage becomes thickened and/or yellowish, please notify the office and arrange to come in for an evaluation. Some types of spots require more than one treatment to achieve your final outcome. If you were scheduled for only one treatment and the spot did not completely resolve, then you should call our office at 2050415-7536 to be evaluated.