



# Instructions for patients

## Before the Intervention

- For six hours before the intervention, you are forbidden to drink alcohol or to smoke, and you are advised to eat very lightly ;
- Taking Aspirin (or any other medication containing acetylsalicylic acid) is also forbidden for ten days before the intervention ;
- You are advised to take 3 x 2 “Traumeel” tablets per day for three days before the intervention, in order to reduce the appearance of bruising. The Traumeel must be taken on an empty stomach.
- On the day of the operation, you are advised not to wear any make-up.
- On the day of the operation, you are advised not to wear contact lenses.
- On the day of the operation, you are advised not to wear any jewellery.

## After the Intervention

- In the morning before the intervention, the body must be washed with a disinfectant soap of the Hibiscrub, Uni-Cura or Betadermyl variety (available from chemists).
- Waterproof dressings are placed after the intervention in order to protect the stitches. They will be removed about a fortnight after the intervention.
- You are advised to take 3 x 2 “Traumeel” tablets per day for five days after the intervention, in order to reduce the appearance of bruising.
- You are advised to take Dafalgan (Paracetamol) at a rate of 1gr four times a day, alternating with Ibuprofen 600mg, three times a day.
- Antibiotics will be prescribed for you and must be taken twice a day for ten days.
- An oedema will appear after the operation, but it will disappear of its own accord.
- Once the stitches have been removed, the doctor will apply some steristrips as well as a watertight dressing, which will be removed after three days. The scars can be massaged with Cicalfate (Avène). When they are closed, a silicone dressing (of the “Bapscarcare”, “Cerederm” or “Dermatix” variety) can be applied in order to help the healing process. The scars absolutely must be kept out of the sun for at least a year.
- It is recommended that you do not carry any heavy objects or practise any sport for four weeks after the intervention.

# QUES- TIONS?

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