



# Instructions for patients

## Before the Intervention

- Taking Aspirin or anti-inflammatory medication is forbidden for ten days before the intervention ;
- You are advised to take 3 x 2 “Traumeel” tablets 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 make-up or use day cream.
- 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.
- During the morning before the intervention, your hair must be washed with a disinfectant soap of the Hibiscrub, Uni-Cura or Betadermyl variety (available from chemists).

- For six hours before the intervention, you are forbidden to drink alcohol or to smoke, and you are advised to eat very lightly.

## After the Intervention

- Driving is forbidden for 24 hours after the operation.
- You are advised to take 3 x 2 “Traumeel” tablets 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 or 400mg, twice a day. In the event of strong pain, other painkillers could be prescribed for you.
- Antibiotics will be prescribed for you and must be taken twice a day.
- An oedema will appear after the operation, but it will disappear of its own accord after a few days. Some bruising will remain visible for about a fortnight.
- In order to reduce the oedema and the bruises, it is recommended that you sleep for three days with your head slightly raised on two pillows.
- The stitches will be removed after ten days to a fortnight, by your doctor or at Beclinic.
- Wearing make-up before all the stitches have been removed is forbidden.
- You can wash your hair as from the third day after the intervention.
- You are advised not to carry any heavy objects nor to do any sport for four weeks after the intervention.
- You are advised to take some “Nutrimonium” food supplements for a month after the intervention, in order to accelerate the healing process.

# QUES- TIONS?

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