



# Instructions for patients

## Before the intervention

- For six hours before the intervention, eating, drinking or smoking is forbidden ;
- Taking aspirin (or any other medicinal product containing acetylsalicylic acid) is also forbidden for ten days before the intervention ;
- You are advised to take 3 “Traumeel” tablets twice a day during the three days before the intervention, in order to reduce the appearance of bruising. Traumeel must be taken on an empty stomach.
- You are advised to take “Nutrimonium” food supplements during the month before the intervention.
- 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.

## After the Intervention

- On the day of the operation, you are advised not to wear any jewellery.
- On the day of the operation, you are advised to wear loose-fitting and comfortable clothes.
- 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).
- Driving is forbidden for 24 hours after the operation.
- After the intervention, a compression garment must be worn for four weeks, day and night.
- Showering on the day of the intervention is forbidden; the compression garment can be taken off as from the following day, for a quick shower; baths are prohibited for a month.
- The stitches will be removed after ten days, at Beclinic or by your doctor.
- You are strongly advised to go on a strict diet for at least four weeks after the operation in order to make it as successful as possible.
- You are advised to take “Nutrimonium” food supplements for a month after the intervention, in order to accelerate the healing process.
- A significant oedema will appear after the operation, but it will disappear of its own accord. You are advised to take “Lymphomyosot” for a month, at a rate of three tablets three times a day for a week, three tablets twice a day for two weeks and three tablets once a day for a week; this will increase the drainage and will accelerate the reduction of the oedema.
- Antibiotics will be prescribed for you and must be taken twice a day for ten days.
- You are advised to take 3 “Traumeel” tablets twice a day for five days after the intervention, in order to

reduce the appearance of bruising. Traumeel must be taken on an empty stomach.

- You are advised to take Dafalgan (Paracetamol) at a rate of 1gr four times a day, alternatively with Ibufrofen 600mg, three times a day and, possibly, Tramadol 50mg, twice a day. This latter medication should be discontinued in the event of nausea.
- From the fifth day after the intervention, you are advised to undergo lymphatic drainage (or endermological) treatment at a rate of two or three times a week.
- You are advised to take a week's rest after the intervention.
- It is recommended that you do not to carry heavy objects or practise any sport for four weeks after the intervention, except for walking or cycling, which you can do as from the day after the intervention.

# QUESTIONS?

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