



# Instructions for patients

## Before the Intervention

- For six hours before the intervention, eating, drinking or smoking is forbidden ;
- 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.

- 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).

## After the Intervention

- After the intervention, a specific bra (of support) must be worn for a month, night and day. The bra can be briefly taken off after 48 hours, for a quick shower.
- Waterproof dressings are placed after the intervention in order to protect the stitches. They will be removed at the same time as the stitches, i.e. a fortnight after the intervention.
- After the intervention, some drains are put in place, which must be kept there for approximately 48 hours; they will be withdrawn at Beclinic or by the attending physician when the flow is less than 20cc of liquid per day.
- 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 and, possibly, Tramadol 50mg, twice a day. This latter medication should be discontinued in the event of nausea.
- 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.
- The stitches will be removed after a fortnight, by your doctor or at Beclinic.
- Once the stitches have been removed, the doctor will place some steristrips and a waterproof dressing, which will be removed after three days. The scars can be massaged with Cicalfate (Avène). When they are closed, a silicon dressing (of the “Bapscar-care”, “Cerederm” or “Dermatix” variety) can be applied in order to encourage the healing process. The scars absolutely must be kept out of the sun for at least a year.
- You are advised not to carry any heavy objects nor to practise any sport for four weeks after the intervention.

# QUES- TIONS?

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