



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.
- During the first days after the intervention, you are advised not to stretch out entirely and to walk with your back slightly arched, in order to avoid stretching the wound too much.
- After the intervention, a compression belt must be worn for a month, day and night. The belt can be briefly taken off after 48 hours, for a quick shower while keeping the dressings in place.
- 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 Ibuprofen 600mg, three times a day and, possibly, Tramadol 50mg, twice a day. This latter medication should no longer be taken in the event of nausea.
- Antibiotics will be prescribed for you and must be taken twice a day for ten days.
- You are advised to take “Nutrimonium” food supplements for a month after the intervention, in order to accelerate the healing process.
- 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 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 wound to heal. The scars absolutely must be kept out of the sun for 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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