



Instructions for patients

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.
- On the day of the operation, you are advised not to wear make-up or nail varnish, nor to 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.
- On the day of the operation, you are advised to wear ample, comfortable clothes which, in order to be taken off, do not have to be pulled over your head.
- 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).

After the Inter- vention

- It is forbidden to drive for 24 hours after surgery.
- In the event of pain, you are advised to take some Dafalgan (Paracetamol) at a maximum rate of one tablet of 1gr, four times a day.
- The dressing placed just after the operation must be maintained day and night for 10 days; it will be removed with sutures.
- For two days, the wounds must remain protected from water and shampoo.
- After the sutures have been removed, a bandage should be worn at night for 3 weeks.

QUES- TIONS?

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