

## **PREPARATIONS FOR YOUR SCAR REVISION SURGERY**

### **TWO WEEKS BEFORE YOUR SURGERY**

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. **Aspirin containing products should not be taken 2 weeks before or after your surgery.** Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us.

Please inform my office of any homeopathic remedies you are taking prior to your surgery.

**Smoking will affect how you heal. It is very important to discontinue smoking for at least 2 weeks before surgery (this includes use of smokeless tobacco products, and nicotine patches or gum).**

### **THE EVENING BEFORE YOUR SURGERY**

Get a good night's rest.

Make some jello and/or soup for after your surgery.

Do not eat or drink anything after midnight if your surgery is scheduled before noon.

### **MORNING OF SURGERY**

Do not eat or drink anything after midnight if your surgery is scheduled before noon. You may have coffee or tea and dry toast no later than 6 hours before your scheduled surgery time.

Do not wear contact lenses, hairpieces or hairpins. Do not bring personal valuables such as jewelry. Wear loose comfortable clothing, preferably a button or zip up top and loose pants, and comfortable shoes.

Please be sure someone can drive you home and stay with you for 24 hours. You will not be allowed to drive yourself home.

### **AT HOME AFTER SCAR REVISION SURGERY**

A light diet is best for the day of surgery. Begin taking liquids and slowly progress to soups or jellos. You may start a regular diet the next day.

If you have pain or discomfort, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, jello etc. If you do not have pain, do not take the pain medication. Do not drink alcohol while taking pain medication.

## POST-OPERATIVE INSTRUCTIONS

### Call my office immediately if:

1. If you have a sudden onset of pain, fever, or redness, or
2. If you have not seen improvement in two to three days.

**\*\* Be particularly alert for: fever (oral temperature greater than 101), excessive pain at the surgical incisions, nausea, vomiting, bleeding, dizziness, shortness of breath, rash, rapid heart beat or rapid breathing rate. \*\***

### GENERAL INFORMATION

Strenuous activities and exercise are to be avoided for at least two weeks after your surgery. You may gradually resume normal activities after 48 hours being careful to avoid any activity that causes pain or discomfort. Strenuous activity/heavy lifting of objects greater than 10 lbs. should be avoided for 6 – 8 weeks after your surgery.

Bruising and swelling are normal and will disappear in time.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided. Use a sunscreen with a SPF 20 or greater for at least 6 months.

You may resume driving when you are no longer taking narcotic pain medications and feel unrestricted by pain.

Please take all medication carefully and as directed. Please follow all instructions which may accompany the medications: such as taking it with food or avoiding alcohol, driving restrictions, etc. Take medications at the specific times they have been ordered. Failure to take your medications as instructed could influence your results.

Remember to follow any special instructions, which have been given to you and call me if you have any questions.

**MY TELEPHONE NUMBER IS (214) 645-3116**