

THE FIRST GLANCE

POST-OPERATIVE INSTRUCTIONS FOR MINOR SURGERY/PROCEDURE

- Do not take medication that has blood thinning properties (Aspirin/Baby Aspirin, Naproxen, Plavix, Coated Aspirin/ASA, Coumadin, Anacin/Excedrin, Ibuprofen/Motrin/Advil, Warfarin, Voltara/Diclofenac, Robaxisal, Toradol, Midol, Aleve, Indocid, All Herbals, Vitamin Supplements & Multivitamins, Sunflower seeds, Cod-liver Oil/ Fish oil capsules, Green Tea, Garlic Pills, Ginger, Vitamin E, Sushi, Omega -3,-6 fatty acids for 10 days before and 72 hours after surgery.

- Keep the area dry and the bandage on for 2 days after surgery. We may give you more specific instructions on your surgery day on how often to change your bandage and if you should be applying any antibiotic ointment. Generally, you will need to keep the area covered with a new bandage every day for about one week, or longer if any open areas remain.

- It is normal for the area to bleed a little for a few hours after surgery. Blot with a clean gauze and apply pressure for 10 minutes. If bleeding persists, contact the clinic as directed on the following page.

- Bruising or swelling can occur and is normal; it is ok to use ice wrapped in a towel to reduce swelling.

- If Steri-strips (sterile pieces of tape along incision) are present, keep them on until they fall off on their own or are removed by Dr. Brichacek.

- If you have visible stitches on the face, they will need to be removed five to seven days after surgery. If you have stitches on any other area of the body, they will need to be removed in 10-14 days, unless you have been told your stitches will dissolve. An appointment will be made for you prior to being discharged from the clinic. - You may shower after 48 hours. Pat incisions dry, do not rub. NO pools, lakes, hot tubs/baths for 4 weeks. This will increase your chance of infection.

- Avoid strenuous activities for 48 hours after surgery.

- If you experience any discomfort, Tylenol or Extra Strength Tylenol will help to relieve this. Take as directed. - DO NOT sleep with pets in the bed to avoid infection. NO baths, hot tubs, swimming pools, or swimming in lake water for 4 weeks or until your incisions are fully healed in order to avoid infection. Avoid exposure to second-hand smoke for at least the first few weeks after surgery as exposure to smoke will have a negative impact on healing and scar formation, and may increase your risk of infection.

- Four weeks after surgery, begin to massage scar with body lotion (Vaseline creamy) or BioOil

- The incision will be more sensitive to the sun for the first year following surgery. If it were to become tanned, it may turn darker than the surrounding area. Protect from the sun for the first four weeks. After the first four weeks apply sunscreen SPF 45 or higher when exposed to sun for one year.

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Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

Follow Up Appointments

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek will see you at The First Glance Aesthetic Clinic for all follow up appointments.

After Hour Care

If there is a concern about your surgery or your healing, please call The First Glance Clinic at 204-885-1419.

Take time to rest and recover from your surgery, have a healthy diet and get some sleep.

It is important that you follow these recommendations carefully so we can attain your surgical goals.

Evenings and Weekends or in case of emergency please call Dr. Brichacek at 204-898-9933