

Brief postoperative instructions

Eyelids

Semi-sitting position on your back, no abrupt movements, do everything very slowly.

Sleep with your head raised so that the swelling subsides faster.

Cooling or elastic compression of the eyelids continuously until the stitches are removed. (If you go to the toilet, move the bandage onto your forehead and then put it back; keep the compression on during the night as well.)

You may also use an ice gel pack — place it over a gauze, never directly on the skin.

Apply eye drops into both eyes 3 to 4 times a day.

Aescin 3×2 tablets to reduce swelling (or Arnica tablets).

Stitches are removed after 6-7 days, strips stay on for a further 4 days after their removal.

After 10-12 days you may put make-up on the scars; the scars must be protected from the sun.

Scar massage from 2 weeks after surgery, 1 to 2 times a day for 10-15 minutes.

Massage technique: wash your hands thoroughly with soap first, press a finger onto the scar, hold for 5-10 seconds, then move on so that you gradually massage the whole eyelid scar. Do not slide along the skin as in a classic massage — only press with your fingers.

Face and neck lift

Semi-sitting position on your back, no abrupt movements, do everything very slowly, do not turn your neck.

Sleep with your head raised so that the swelling subsides faster.

One night at the clinic; you are discharged after the dressing change, when the tube drains are removed and the head bandage is fitted.

Wear the head bandage continuously for 4 days; you may then wash your hair, carefully around the scars.

Stitches are removed about 3 weeks after surgery, scar massage one month after surgery.

If liposuction of the double chin is performed as well:

the chin is fixed with Microfoam tape for 1 week, the head bandage continuously for 1 week and then at night for a further week.

Rhinoplasty

The nasal packing is removed 2-4 days after surgery; until then you breathe through your mouth, which dries out — apply Vaseline or lip balm, drink often and moisten your lips.

One night at the clinic.

Clean the nasal passages with cotton swabs; you may use Vaseline or Framykoin ointment.

You will wear the aluminium splint continuously for 2 weeks; after it is removed you will apply it at night for a further 2 weeks.

Swelling and bruising usually last 10-14 days.

The stitches are absorbable and lie inside the nasal passages.

Otoplasty

Lie on your back with your head raised for the first 1-2 weeks.

Clean the area behind the ears daily with a disinfectant spray and cotton swabs.

Wear the headband continuously for 1 week, then at night for a further week.

Non-absorbable stitches are removed after about 3 weeks.

Swelling usually lasts about 2 weeks, reduced sensitivity of the ears about 3 months.

Breast surgery — augmentation, implant exchange, uplift, reduction

Keep your chest raised, sleep on your back for at least 14 days.

Do not lift yourself up or prop yourself on your hands (this tenses the pectoral muscle).

One night at the clinic, the drains are removed the day after surgery.

The breasts are then supported with an elastic bandage and an elastic bra.

You may shower the breasts after 4 days; then disinfect the scars daily, through the strips, with a disinfectant spray.

Leave the strips on the scars for 3 weeks, changing them every week.

Scar massage after one month, once the scars have healed. Elastic bra continuously for 6-8 weeks.

Gynaecomastia

Keep your chest raised, sleep on your back for at least 14 days.

One night at the clinic, the drains are removed the day after surgery.

Elastic compression of the chest usually for 4 days, elastic compression vest continuously for 6 weeks.

You may shower the chest after 4 days; then disinfect the scars daily, through the strips, with a disinfectant spray.

Leave the strips on the scars for 3 weeks, changing them every week.

The stitches are absorbable.

Scar massage after one month, once the scars have healed.

Abdominoplasty

Clexane or Fraxiparine is given the day before surgery.

A second dose of Fraxiparine or Clexane in the evening after surgery.

Two nights at the clinic, the drains are removed after 2 days.

Keep your chest raised, with your legs supported under the knees — a relaxed position that releases the abdominal wall.

Get up by rolling onto your side, sit up and then walk slightly bent forward for the first week.

Drink enough — 2 to 2.5 litres of fluids.

While you are in bed, move your feet (heel-toe) to support blood circulation.

Wear elastic anti-thrombotic stockings continuously if you spend most of the day in bed.

You may shower 4-5 days after surgery.

Wear the elastic garment and elastic belt continuously for 6-8 weeks.

The stitches around the navel are removed after 2-3 weeks, the other stitches are absorbable.

Strips cover the scar in the lower abdomen for 3 weeks and are changed every week.

Liposuction

The scars are small and covered with Curapor dressings, which are replaced with strips on days 1-4 after surgery.

With the strips in place the treated areas may be showered after 4 days.

Change the strips once a week.

Wear the elastic garment continuously for 6 weeks.

The stitches are absorbable and fall off by themselves, or are removed after 4 weeks.

Labiaplasty

The stitches are absorbable.

Keep the labia clean after using the toilet, shower them with cooler water.

The scars may be treated with Betadine ointment.

Medication after surgery

Aescin 3×2 tablets to absorb the swelling.

Antibiotics after breast and abdominal surgery.

Optionally probiotics — Biopron Forte, 1 tablet, taken 1 hour after the antibiotic.

Painkillers — Paralen or Novalgin.

Do not take any medicines that thin the blood.

This document is a translation of the text by MUDr. Helena Singerová.