

## **Post Operative Instructions:**

### **SCAR REVISION**

- Everyone recovers from their anaesthetic differently. Some people feel no side effects while others are more noticeably affected, feeling tired and even sick for the first couple of days. Salty foods can contribute to fluid retention and swelling so keep these to a minimum in the first 7 days. In order to avoid constipation, eat plenty of fresh vegetables and dried fruits. Overall, try to eat a balanced diet to ensure your body is getting all the important nutrients it needs in the immediate postoperative healing period.
- If you are having your procedure under local anaesthesia (which will be decided upon at your consultation), then your recovery will be quicker and side effects such as nausea will be reduced. No food is permitted six hours before your planned operation, however a cup of tea or coffee with milk is ok up to four hours prior, and a glass of water is allowed up to two hours pre operation.
- Drink plenty of fluids in the form of water and fresh juices, in the first few days after surgery. Dairy products in the first 72 hours after surgery can upset your stomach and make you feel sick and therefore it would be sensible to limit these.
- You may be swollen and bruised for the first few days following surgery depending on the area of surgery. Most swelling usually peaks at 48 -72 hours postoperatively then starts to dissipate after this period of time (however this depends on the extent and type of procedure undertaken). If operation site is to the head, face or upper torso you should try to sit upright as much as possible to help reduce the swelling. At night, use an extra pillow. Do not put your head below the level of the heart and avoid any straining for up to one week.
- Arnica tablets which are recommended to help reduce bruising can be taken after surgery (the practice nurse will advise you on this). However, this is optional and depends on the extent of surgery undertaken.
- Pain relieving medication will be given during your recovery and for you to take home if required. **DO NOT TAKE ASPIRIN OR PRODUCTS CONTAINING ASPIRIN** as these will prolong or re-commence bleeding.
- Remember to recommence any regular medication that you take (i.e. blood pressure tablets) as soon as you are able to drink, unless you are specifically requested not to.
- Appointments for the removal of any sutures or dressing changes will be made post-operatively by the practice nurse.

- You may experience some numbness to the affected area. This is a normal consequence of surgery and should recover after a few weeks. In the interim, however you may also experience sensations of tingling, tightness and hypersensitivity in area as the nerves begin to grow back. Gentle massage may be advised at your follow up appointment. This will help soften some of the hardening of the tissues previously described as well as stimulate nerve re-growth to the area. Please do not start local massage until the technique is demonstrated to you at follow up.
  
- If any compression garment is indicated, the practice nurse will advise you on how long this will be needed. This facilitates swelling and offers support to your incisions whilst healing.
  
- Abstain from exercise, including swimming, for between one week three weeks (the practice nurse will advise you depending on the extent of surgery undertaken). Depending on the extent and area of the scar, you should be able to drive straight away. Our practice nurse will however be able to clarify any questions you may have on this matter.
  
- **You should get in touch if any of the following occur:**
  - 1) Fever greater than 100o F or 38.5o C.
  - 2) Fresh bleeding, other than that of a minor nature.
  - 3) Excessive and sudden swelling.
  - 4) Pain not relieved by two pain-relieving tablets.
  - 5) Any discharge from the incision sites after 48 hours.

**REMEMBER IF IN DOUBT, PLEASE ASK BY EITHER CALLING THE OFFICE**  
**9.30am – 5.30pm MON-FRI ON 0207 432 8727**  
**OR OUT OF HOURS IN AN EMERGENCY PLEASE CALL THE PRACTICE**  
**NURSE ON 07944 600 215. PLEASE LEAVE A MESSAGE AND YOUR CALL**  
**WILL BE RETURNED AS QUICKLY AS POSSIBLE.**