

## Instructions for the Patient

### Before the Intervention:

- For six hours before the intervention, you are forbidden to drink alcohol or to smoke, and you are advised to eat very lightly.
- You are advised to take 3 x 2 "Traumeel" tablets for three days before the intervention, in order to reduce the appearance of bruising. The 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 Intervention:

- Driving is forbidden for 24 hours after the operation.
- 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 bandage placed just after the operation must be maintained day and night for ten days; it will be taken off when the stitches are removed.
- During these ten days, the wounds must remain protected from water and shampoo.
- After the stitches have been removed, a headband must be worn at night for three weeks.
- Eight weeks after the intervention, a check-up at Beclinic is advised.