

VALENTIS CLINIC

COSMETIC MEDICINE, PLASTIC SURGERY & ADVANCED SKIN CARE

Post-operative Instructions (after surgery):

1. After you have been discharged from hospital, you will have skin tapes, dressings or bandages covering your neatly sutured wounds. It is important that you:
 - keep the dressings dry,
 - take it easy the following days, as any movement of the skin over the wounds can cause healing problems and worse scarring,
 - come for the first follow-up clinic after 2 days so we can change the dressings.
2. During the first 48 hours, you might notice swelling, bruising and some pain. Regular pain medication, if necessary, help to keep you comfortable during this time. Cold therapy (cooling) applied consistently for the first 24 hours to the post operative areas will greatly reduce swelling, bruising, inflammation and reduce pain intensity and therefore lessening the need for analgesics.
3. In case you have any questions or problems during the first 48 hours, you can call Dr Stasch on 0787 776 430 or Carol Othoro at Valentis Clinic on 0703 502 555 or .

Post-operative Instruction sheet

The first post-operative week:

1. Depending on the procedure you have had, after 3 – 4 days you will usually feel much better and you will be able to carefully assume tasks of your daily life. Movement and light walks are actually good for your recovery, as it will decrease the incidence of blood clots, reduce swelling and enhance circulation and general well-being.
2. Regular dressing changes will be carried out according to your wound healing progress and will be arranged individually. At this time we will make a decision when it will be safe to take showers again.
3. A balanced diet and plenty of fluids lay the foundation of good wound healing and scarring.
4. Take it easy! Patients who are too vigorous frequently develop complications.

The second post-operative week:

1. In general, sutures will be taken out after 5-7 days in the face, 10-14 days on the body surface and hands, and sometimes slightly longer at sites of tension (e.g. back, joint surfaces, lower leg).
2. In order to reduce scarring and to achieve an aesthetically appealing scar, one can use steri-strips to stabilise the wound edges.
3. Please avoid any strenuous exercise, tiring labour, sauna or sun bathing as much as possible during the first 2 weeks post-op.

After 2 - 4 post-operative weeks:

1. During this time, normal daily activities can be performed again. Gentle exercise like walking or aerobics can be commenced, but no weights training. Start light. For example, if you normally do 30 minutes on a treadmill, begin with 15 minutes, then increase as your body gets used to things.

Post-operative Instruction sheet

2. Depending on the operation you have had, you will now be able to go to work again. This we can discuss individually.
3. Following removal of sutures, taking care of your scars is very important:
I recommend regular, gently massaging of the scars using creams and ointments. You can use Jan Marini products (further info on www.janmarinieastafrica.com) or other products with vitamin C and E extracts, or aloe vera gel. These should begin as soon as the incisions are completely healed, usually after 3-4 weeks. Avoiding sun exposure is very important in the months following surgery, as this may result in a hyperpigmented scar.

After 6 post-operative weeks:

1. Resume all previous activities with clearance from Dr. Stasch. The inner scars are now gaining on strength. Long-term results will depend on this stability, as healing and scar remodelling and softening will take place for the next 6 months.
2. Generally speaking, wound healing is completed only after six months to one year! Due to this, you will notice reduction of swelling and remodelling of your operated area for a few months. This is also true for the outer scars, which will improve over the next 6 - 12 months.

The key to a healthy recovery is rest, rest, rest, and rest. Combine this with taking it easy and remember to follow all post-operative instructions. The more time you give yourself to heal, the better your healing experience will be. So give yourself time to sleep, to relax, to heal and to repair. Do not expect yourself to heal faster than others. Instead, be gentle with yourself, giving yourself the gift of healing and regeneration.

Please do not hesitate to call Valentis Clinic on 0703 502 555 or contact Dr Stasch at dr.stasch@valentisclinic.com if you have any questions regarding your forthcoming surgery.