

## Minor Procedures Under Local

### The Purpose of this Guide

Thank you for choosing Dorner Plastic Surgery. We strive to provide you with the highest level of caring, compassionate service during your pre and postoperative process.

It is normal to feel apprehensive and nervous before your surgery. This guide is designed to provide you with the information necessary to help ease you through the process. Although it is impossible to cover every aspect of your preoperative planning or postoperative recovery, we have attempted to make it as comprehensive as possible without being a medical text.

It is important for you to take the time to review the information presented in this booklet. As you read, questions will inevitably arise. Please write them down so that you can ask Dr. Dorner. It is preferable to have your questions answered before surgery. Dr. Dorner takes special care to make himself available to prepare you for surgery. Do not hesitate to ask him. Your entire surgical process will be smoother if your questions are dealt with before surgery.

It is a privilege for us to take care of you. We endeavor to guide you through every aspect of your surgery and meet both your physical and emotional needs during your recovery. We promise that when you need us, Dr. Dorner and the rest of his staff will be there for you.

## Pre-Procedure Instructions

### Medication Precautions

#### Medications to be stopped one week before surgery

- Stopping Aspirin, Motrin, Aleve, Advil (NSAID pain relievers) will help with bleeding and bruising slightly. This is to help reduce bruising and is recommended but not necessary.
- All herbal medication should be stopped one week before surgery.

### Preparations

It is okay to eat and drink before your procedure as it is performed under local.

## Post Procedure Instructions

### Diet

No special diet is necessary.

## Dressing

You may remove your bandage in the morning. Do not remove the white tapes that may be on your incision. These will gradually loosen and can be removed two weeks after your surgery.

## Showering

You may resume showers after the dressing is removed. Use antimicrobial soap over the incision and pat dry. Be gentle when washing directly over incisions.

## Pain

Pain and soreness that can be controlled by medication may be present for several days after surgery. Take your pain medications as prescribed or use over the counter Tylenol.

## Activity

You may resume normal activities as tolerated. Limit motion that may stretch or strain the operative site.

Avoid all activities that could possibly elevate your blood pressure such as exercising, lifting, bending, straining, sexual activity, etc. for one week.

## Sutures

It is okay to shower and wash the sutures with soap and water. If there are crusts on the sutures, dab them with peroxide. A cotton tipped applicator makes this process easier.

Apply polysporin to the incision at least three times a day.

Your sutures will need to be removed in 5-7 days. Please be sure to schedule your postop appointment.

## Emergency Contacts

Doctor Dorner is available twenty-four hours a day. If you are having problems please call the office at 614-336-9000 and press one to have him paged. Be sure to leave your contact information.

For any life-threatening emergencies, you should call 911.

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