

## WHAT YOU NEED TO GET PRIOR TO YOUR SURGERY

As a complimentary gift to our patients, we will provide you with a compression head garment that we give you the day *after* surgery.

**THE CONTOUR COMPRESSION HEAD GARMENT:** Compression garments are designed to help reduce swelling, improve a patients' recovery time, while providing comfortable and secure support. **Directions:** Wear your head garment the day after surgery. We will show you how to wear it and explain how to care for your garment. Patient's need to wear their head garments both day and night for the first few days. After the 3<sup>rd</sup> day of surgery, you can take it off during the day, but still wear it at night until you come in for your one week post op suture removal.

The items below may be purchased at your local pharmacy and or Whole Foods or Mothers Market:

- **ARNICA MONTANA PILLS by BOIRON:** Arnica Montana tablets prevent excessive bruising, swelling and pain. This homeopathic remedy improves the healing process after surgery. **Directions:** Start taking the Arnica pills 5 days prior to your surgery. You will put 5 under your tongue to dissolve 3 times a day: morning/mid-day/evening (a total of 15), and continue taking the Arnica Montana pills for a week after surgery, *or longer if you still have swelling and bruising*. Arnica Montana pills are very tiny and taste like sugar.
- **ARNICA GEL:** Arnica gel helps to eliminate bruising and discomfort that may occur after your surgery. **Directions:** Apply the Arnica gel directly to the bruised area(s), but do NOT apply it to the incision lines. Continue using the gel until you do not see any more bruising.
- **BACITRACIN OINTMENT:** Bacitracin Ointment is an antibiotic ointment that prevents infection at the incision sites. **Directions:** Apply it liberally to your incisions twice a day until you receive instructions to discontinue use.
- **ICEPACK** Using the ice pack is essential in preventing excessive swelling after surgery. **Please note that you cannot ice the first night because you will not be able to penetrate your wrapping.** **Directions:** You will start icing the day after surgery and ice for only 15 minutes per area every two hours. Icing will only be for the first three days. You may receive instructions to use a 'warm' pack a week or two after your surgery. Always be sure to put something between your skin and any cold or heat pack you use. This will act as a buffer to protect your skin.
- **\*SCARFADE CREAM:** This preventive cream helps in the reduction of scar formulation. Scarfade cream is a cream you will need to get, or you **\*may purchase it from us at our cost of \$30.00**. Start applying this cream to your incision lines two weeks after your surgery. This cream will aid in your skin's healing process. **Directions:** Apply a small amount of Scarfade cream and mix with a small amount of 1% **hydrocortisone cream (half & half of each)**. **Use only a tiny amount**. You will need to purchase the 1% hydrocortisone cream which can be found at most pharmacies. Mix both creams on your fingertip and apply to your incision lines **one week AFTER your sutures are removed**. Use it twice a day until you receive instructions to discontinue.

**If you have questions, please call our office at 949-706-7776 Mon-Fri 9am – 5pm.**