

Guidelines related to your Surgery

Dear patient,

questions related to surgical procedures often arise before your surgery. To help you to prepare for your operation and the time afterwards, we have put some guidelines together for you.

Preparation for your operation

- If you undergo your operation under general anaesthesia you will have to be fasting. Please discuss the start and duration of the fasting period with the anaesthesiologist during your anaesthetic consultation.
- If you wish to buy additional private insurance (“Folgekostenversicherung”), you will have to do that at least one day before your surgery. Make sure you choose the right type of insurance!
- Stop taking blood thinners, e.g. Aspirin®, ASS or Cumarine at least 2 weeks before your operation. If you need to take the medication on a regularly basis please discuss with your family doctor/internist before your operation how/when to stop or "bridge" your medication.
- Nicotine should be avoided at least 2 weeks before and after your operation, preferably 6 weeks before and after your operation. This also applies to chewing tobacco, water pipes, nicotine patches and nicotine gum.
- You should avoid alcohol and excessive consumption of coffee and chocolate for at least 1 week before and after your operation.
- You should not use any body lotions on the day of your operation.
- No metal may be worn on the body during the operation, therefore remove jewellery, earrings, piercings etc. beforehand.

After your operation

- Get someone to pick you up after your operation. Under no circumstances you should drive yourself!
- Drink plenty and regularly in small amounts after your operation.
- Someone should be at home with you at least for the first night.

Aftercare

- After your operation you should not just lie in bed or on the couch. The best prophylaxis of thrombosis is exercise! Therefore, go for regular walks, ideally accompanied.
- Bruising and/or swelling after your operation is normal and will subside within a few weeks. You can cool the operated body parts. However, if you received a fat transfer, you must not cool these areas or exert any pressure to them, as the fat cells may otherwise die.

- After abdominal surgery, e.g. after a tummy tuck, only sleep on your back for at least the first 2 weeks.
- Overhead work should be avoided at all costs for at least the first 2 weeks after an upper arm lift.
- Avoid heavy lifting (>10 kg) for the first 2 weeks after your operation. Avoid blood pressure spikes and high pulse rates, e.g. caused by exercise or sexual intercourse.
- Leave the dressings on the wound until your check-up appointment with Dr. Sattler. Keep the dressings clean and avoid spending time in stables or on farms.
- Do not shower your wounds until Dr. Sattler has removed the dressings.
- You can start scar care approximately 2 to 3 weeks after your operation. We recommend a silicone-based scar gel. Fresh scars do not tolerate UV light. Direct sunlight or visits to sun beds are therefore not recommended for at least a few months.
- Wear the compression garment(s) consistently day and night for at least 6 weeks.
- Sports, cycling and horse riding must be avoided for at least 6 weeks. Contact sports, martial arts and heavy weight training/bodybuilding/powerlifting must be avoided for 3 months.
- Sauna, steam baths, swimming pools and whirlpools should be avoided for at least 6 weeks. The same applies to bath tubs, bathing in lakes, the sea or public swimming pools.
- Eat healthy and make sure you have an adequate intake of Proteins, Vitamin C and Zinc. Do not stay fasting for health or religious reasons after your operation, since this could impair wound healing.
- Eating pineapple helps against swelling. The pineapple enzyme (Bromelain) can also be taken in tablet form. Heparin ointment helps against bruising and diclofenac gel against swelling, pain and muscle aches. Of course, these substances should not be used if you suffer from any allergies related to these substances!
- Dr. Sattler cannot issue a sick note ("AU") for work after your operation. Please contact your family doctor in this regard. However, the German law says that you have to take holiday leave if you are unable to work after an aesthetic procedure.

Give yourself and your body a break and be patient. Make sure to attend the check-up appointments with Dr. Sattler and follow the guidelines stated above. In urgent emergencies outside our consultation hours, please contact a plastic surgery emergency clinic, e.g. at the UKE in Hamburg.

Your Plastic Surgery Team Dr. Sattler

I have taken note of the guidelines and will comply with them.

Place, Date, Signature of the Patient