

# Dimpleplasty

## Pre & Post Operative Instructions

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### Local Anesthesia Instructions: 2 Options

- ☐ **Option A: Local Anesthesia Only:** This option involves the use of medications like Lidocaine to numb the specific area of your body where the surgery will be performed. You remain fully awake and alert during the procedure, feeling no pain in the treated area. This method is ideal for patients who prefer the simplest form of anesthesia, allowing for a quicker recovery time and minimal postoperative side effects.
  - You do not need to fast, and may eat & drink whenever you choose.
  - You may drive yourself home & do not require a caregiver after surgery.
  
- ☐ **Option B: Local Anesthesia with Sedation:** This option combines local anesthesia with oral sedative medications to help you relax during the procedure. While you will be awake, the local anesthetic ensures you do not feel pain at the surgery site, and the sedatives help create a more comfortable and less anxious experience. This method is often chosen by patients who may feel nervous about the surgery but prefer not to undergo general anesthesia.
  - **Instructions:** Nothing to eat or drink for 3 hours before surgery. This includes water, mints, candy, or gum.
  - **Post-Surgery Transportation:** It is essential to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
    - **Why?:** After surgery, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period.

### Shopping List

- ☐ Tylenol (Acetaminophen): Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS (such as Ibuprofen & others).

- ☐ **Alcohol-Free Mouthwash:** Choose a "gentle" or "sensitive" labeled mouthwash to minimize irritation, ensuring it is alcohol-free.

## Pre-Operative Instructions

### Medication Management Before Surgery: Guidelines for Minimizing Bleeding Risks

These are general recommendations. For more information please refer to the email: [Preoperative Instructions for Your Upcoming Surgery](#) &/or contact our office for a safe plan tailored to your health needs and surgical procedure

- **Aspirin and NSAIDs:** Please discontinue use at least 3 weeks before your surgery, unless otherwise directed by your surgeon.
- **Anticoagulants (Warfarin, Heparin, Direct Oral Anticoagulants):** The discontinuation schedule varies. Please consult your surgeon at least 3 weeks before surgery to discuss a tailored plan, which may include temporary adjustments to your regimen or bridging therapy.
- **Herbal Supplements and Vitamins:** Discontinue any herbal supplements and vitamins that can increase bleeding risk, such as vitamin E, fish oil, ginkgo biloba, and garlic, at least 2 weeks prior to surgery.

### 4 Weeks Before Surgery

- **Reducing/Stopping Nicotine:** We strongly recommend reducing or ideally stopping nicotine (including cigarettes, oral tobacco, e-cigarettes with nicotine, patches, lozenges, and/or gums) for 4 weeks before and after your surgery.
  - **Why?:** Nicotine can significantly hinder your healing process and increase the risk of complications. Nicotine constricts blood vessels, which can impair blood flow to the surgical area, affecting healing and recovery. Any reduction in nicotine exposure is beneficial and contributes positively to your surgical outcome.

### 2 Weeks Before Surgery

- **Alcohol Consumption:** We encourage patients to reduce or stop alcohol consumption for at least 2 weeks before and after surgery.

- Why?: Alcohol can increase the risk of bruising, swelling, and can prolong the healing process. Reducing alcohol intake, even if complete cessation is challenging, but can significantly improve your recovery experience.

## The Day of Surgery: Your Preparation Guide

On the day of your surgery at Asia Pacific Surgery, we prioritize your comfort, safety, and the success of your procedure. To help everything go smoothly, please follow these guidelines carefully:

- **Fasting:** Follow the fasting guidelines set by your surgical team. For patients receiving sedative medications in addition to local anesthesia, this generally includes not eating or drinking anything, even water, for 3 hours prior to your surgery. Please refer to the first page of this document for specific details, or contact our office via email if you require further clarification.
- **Showering**
  - Please take a shower with mild soap on the morning of your surgery. This step is essential for minimizing infection risks.
  - After showering, do not apply lotions, creams, deodorants, or any other products to your skin, especially in the area where surgery will be performed.
- **Shaving:** If shaving is necessary in the area to be operated on, please do so 3 days prior to your surgery date. Shaving closer to your surgery date, including the day before or the day of, is not advised as it can increase the risk of surgical site infections.
- **Jewelry and Valuables:** Remove all jewelry and refrain from bringing valuables to the clinic, including piercings from the neck up. We cannot take responsibility for lost items.
- **Makeup and Skincare Products:** DO NOT wear any makeup or apply skincare products on the day of your surgery.
- **Clothing:** Opt for loose, comfortable clothing that doesn't need to be pulled over your head. A button-up or zip-front top is ideal for after the surgery.
- **Communicating Questions or Concerns:** If you have any last-minute questions or concerns, please get in touch with us immediately. See the last page of this document for contact information.

*Our team is committed to making sure you feel fully prepared and confident in the care you'll receive.*

## Post-Operative Instructions

### Nutrition

- **Avoid:** Sharp, fine, or granular foods (e.g., couscous, rice, tortilla chips) that may irritate surgical sites.
- **Opt for:** Smooth, soft foods like smoothies and mashed potatoes to minimize irritation and support healing.
- **Hydration:** Stay hydrated with plenty of water. A general guideline is to aim for at least 8-10 glasses of water per day (about 2 to 2.5 liters). Limit or avoid caffeine and alcohol.

### Dental Procedures:

- **Timing Around Surgery:** To minimize the risk of infections, please refrain from undergoing any dental procedures for three months before and after your surgery. This precaution is essential for ensuring a smooth healing process.

### Smoking and Medications:

- **Strict No Smoking Policy:** For at least 4 weeks post-surgery, it is critical to avoid smoking and all nicotine products. Nicotine impedes the healing process and increases the risk of skin complications and other postoperative issues.
- **Medication and Supplement Guidelines:** Continue to avoid aspirin, NSAIDs, vitamin E, and herbal supplements for one week after your surgery, as these can affect your healing.

### How to Care for Your Incisions

#### Oral Hygiene

- **Days 1-5:** After every meal, rinse with an amouthwash to prevent food particles from getting trapped in the incisions.
- **Day 6 Onwards:** Switch to lukewarm salt water rinses after each meal until day 10 to keep the surgical sites clean and aid healing.

## Post-Surgery Cold Therapy (optional)

- **When to Start:** Begin icing your face 24-48 hours after surgery to help reduce swelling and discomfort.
- **How to Ice:** Use a plastic bag filled with crushed ice or ice packs.
- **Barrier:** Always place a wash-cloth between the ice and your skin to prevent frostbite or irritation. Never apply ice directly to your skin.
- **Timing:** Apply ice to the affected area for 15-20 minutes at a time, then remove the ice for at least 40 minutes to allow your skin to recover. Repeat this cycle as needed for the first 48-72 hours post-surgery.
- **When to Stop:** Discontinue icing once the majority of the swelling has subsided, usually around 3 days after surgery. Consult your surgeon if you are unsure whether to continue.
- **Important Notes:**
  - Be gentle when applying ice to avoid disturbing any dressings, sutures, or delicate skin areas.
  - Excessive or prolonged icing may cause skin damage, so stick to the timing guidelines above.

## Signs of Infection or Complications

It's important to monitor your recovery and be aware of any signs that may indicate an infection or complication. Contact your surgeon immediately if you experience any of the following:

- Increased redness, warmth, or swelling around the incision site
- Pus-like or foul-smelling drainage from the wound
- Fever over 101°F (38.3°C)
- Severe pain that is not relieved by prescribed medication
- Excessive bleeding or new bruising
- Persistent chills or feeling unwell

Prompt communication with your healthcare team ensures the best possible recovery. Do not hesitate to reach out if you have concerns.

## Follow-up Care

- **Prioritizing Appointments:** Attending follow-up appointments is crucial for monitoring your recovery & ensuring the effectiveness of your treatment.

## Patient Communication Guide: Who to Contact Post-Operation

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns for Dr. Ching or Dr. Long	Email: <a href="mailto:clinicalrn@drshimching.com">clinicalrn@drshimching.com</a>	<ul style="list-style-type: none"> <li>• General recovery questions</li> <li>• Appointment inquiries</li> <li>• Prescription refills</li> </ul>
Urgent Questions or Concerns	Office Phone: (808) 585-8855  <u>After 5pm or on weekends:</u> Dr. Ching & Dr. Long @ Physician's Exchange (808) 524-2575	<ul style="list-style-type: none"> <li>• Swelling, bruising, or redness</li> <li>• Severe pain</li> <li>• High fever</li> <li>• Unusual discharge or odor</li> <li>• Uncontrolled bleeding</li> </ul>
Medical Emergencies	Call 911 or go to the nearest emergency room	<ul style="list-style-type: none"> <li>• Difficulty breathing</li> <li>• Chest pain</li> <li>• Severe calf pain</li> <li>• Signs of heart attack or pulmonary embolism</li> </ul>

## Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported & cared for.