

# Skin Removal - Accessory Breast Tissue and Accessory Nipple Removal

## Pre & Post Operative Instructions

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### Local Anesthesia Instructions

This method uses medications like Lidocaine to numb the specific area where the skin will be removed. You will remain fully awake and alert during the procedure, feeling no pain in the treated area. This option is ideal for those who prefer a quicker recovery time with minimal postoperative side effects.

- **Fasting:** You do not need to fast and may eat and drink as usual before the procedure.
- **Transportation:** You may drive yourself home and do not require a caregiver after surgery.

### Pre-Operative Instructions

#### 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:

- **Jewelry and Valuables:** Remove any jewelry near the treatment area and refrain from bringing valuables to the clinic.
- **Makeup and Skincare Products:** Do not wear makeup or apply skincare products on the day of your procedure.
- **Clothing:** Wear loose, comfortable clothing that allows easy access to the area being treated.

## Post-Operative Instructions

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### After the Procedure

- **Site Care:** Keep the treated area clean and dry. Gently clean with mild soap and water as needed.
- **Physical Activity:** Avoid strenuous activity on the day of the procedure. Normal activities can usually be resumed the next day.
- **Medications:** Over-the-counter pain relief like Tylenol (Acetaminophen) can be taken if needed. Avoid NSAIDs for the first 24 hours if minor bleeding occurs.
- **What to Expect:** Some mild redness or swelling at the site is normal and should subside within a few days.

### 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:** Attend any scheduled follow-up appointments to ensure proper healing.

## 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.