

Scar Revision

Pre & Post Operative Instructions

Understanding your Surgery with General Anesthesia

- **General Anesthesia:** This type of anesthesia renders you completely unconscious during the procedure, ensuring you feel no pain and have no memory of the surgery. It is typically used for more extensive operations and requires careful monitoring by an anesthesiologist.
 - **Instructions:** Nothing to eat or drink 8 hours before surgery. This includes water, mints, candy, or gum.
 - **Post-Surgery Transportation:** It is mandatory to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
 - **Why?:** After surgery, especially with general anesthesia, 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. If you do not arrange for transportation and care for at least 1-2 days, then your surgery may be canceled, at your expense.

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:

- **Shower or Bath:** On the day of surgery, please take a shower or bath using soap (either antimicrobial or non-antimicrobial).
 - **Avoid Applying Products:** Do not apply any lotions, perfumes, or other products to your skin after bathing.

- **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 near the treatment area on the day of your procedure.
- **Clothing:** Wear loose, comfortable clothing that allows easy access to the area being treated.

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

Post-Operative Instructions

After the Procedure

- **Site Care:** Keep the treated area clean and dry. Gently clean with mild soap and water as directed by your surgeon. You may need to apply a prescribed ointment to aid healing.
- **Physical Activity:** Avoid strenuous activity for at least 48 hours after the procedure. Resume normal activities gradually, following your surgeon's advice.
- **Medications:** Over-the-counter pain relief like Tylenol (Acetaminophen) can be taken if needed. Avoid NSAIDs for the first week to reduce the risk of bleeding.
- **What to Expect:** Some swelling, redness, or mild discomfort at the site is normal and should subside within a week or two. Follow your surgeon's instructions regarding dressing changes and wound care.

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

Attend scheduled follow-up appointments to monitor healing and discuss any concerns with your surgeon.

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: clinicalrn@drshimching.com	<ul style="list-style-type: none"> • General recovery questions • Appointment inquiries • Prescription refills
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"> • Swelling, bruising, or redness • Severe pain • High fever • Unusual discharge or odor • Uncontrolled bleeding
Medical Emergencies	Call 911 or go to the nearest emergency room	<ul style="list-style-type: none"> • Difficulty breathing • Chest pain • Severe calf pain • Signs of heart attack or pulmonary embolism

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.