

Pre- and Post-Operative Instructions: Local Anesthesia Procedures

(with or without sedation)

At Asia Pacific Aesthetics, our goal is to keep you safe, comfortable, and well-prepared. These instructions are for procedures performed with local anesthesia — either *local only* or *local with sedation*.

Before Your Procedure

Local Anesthesia Only

This option uses medications like Lidocaine to numb only the surgical area. You remain fully awake and alert, but you should not feel pain at the site of surgery.

- Food & Drink: You may eat and drink normally. No fasting is required.
 - Medication: Continue your usual medications unless told otherwise by your surgeon.
 - Transportation: You may drive yourself home after surgery.
 - Caregiver: A caregiver is not required.
-

Local Anesthesia with Sedation

This option combines local anesthesia with oral sedative medications taken by mouth (PO). You remain awake, but the sedatives help you feel more relaxed and less anxious. Many patients choose this option if they feel nervous about being awake, but prefer to avoid general anesthesia.

- **Food & Drink:** Nothing to eat or drink (including water, mints, candy, or gum) for 3 hours before surgery.
 - **Medication:** Continue blood pressure medications with a sip of water. Your surgeon will advise if other medications need adjustment.
 - **Transportation:** You must have a family member or friend drive you home. Ride-shares (Uber/Lyft) and taxis are not permitted.
 - **Caregiver:** Have someone stay with you for at least 24 hours after surgery.
-

For All Local Procedures

- **Nicotine:** Reduce or stop 4 weeks before and after surgery. Nicotine slows healing and increases complications.
- **Alcohol:** Reduce or stop 2 weeks before and after surgery. Alcohol can worsen bruising and swelling.
- **Hygiene:** Shower with soap the morning of surgery. Do not apply lotions, perfumes, makeup, or skincare products.
- **Jewelry & Valuables:** Remove all jewelry and piercings. Do not bring valuables.
- **Clothing:** Wear loose, comfortable clothing that doesn't need to be pulled over your head (button-up or zip-front preferred).
- **Menstruation and Surgery**
 - If you are on your menstrual period on the day of surgery, you may wear a sanitary pad or disposable underwear.
 - For safety reasons, internal menstrual products (such as tampons or menstrual cups) are not used.
 - After surgery, if you need menstrual supplies before leaving the facility, pads can be provided upon request. Application of any menstrual product is performed by the patient.

After Your Procedure

General Recovery Guidance

- **Surgery Is a Big Deal:** Even with minor procedures, it's normal to feel tired, sore, or swollen. Healing takes time — be patient with your body.
- **Swelling & Healing:** Some swelling and bruising are expected and will improve with time.
- **Movement:** Light walking helps reduce swelling and lowers the risk of blood clots (DVT/PE).
- **Nutrition & Hydration:** Eat balanced meals with lean protein, fruits, and vegetables. Stay well hydrated. Avoid nicotine and alcohol.
- **Follow-Up:** Attend all scheduled follow-up appointments so we can support your healing.

Medications After Surgery

- **Tylenol (Acetaminophen):** Safe for pain management. Avoid NSAIDs (Ibuprofen, Aleve) unless cleared by your surgeon.
- **Antibiotics:** Take if prescribed and complete the full course.
- **Zofran (Ondansetron):** May be given for nausea if you had sedation.
- **Arnica (Sinneh):** Optional regimen to help with swelling and bruising if provided.

Wound Care

- Do not remove your own sutures.

- Leave Steri-Strips in place until they naturally loosen and fall off.
 - Sutures may be dissolvable or removed by your surgeon; most are dissolvable.
 - Keep incision sites clean, dry, and covered with clean dressings as directed.
 - Protect healing areas from sun exposure to minimize scarring.
-

Bathing & Water Exposure

- Do not soak in tubs, pools, hot tubs, or the ocean while sutures are in place.
 - Follow wound care instructions provided by your surgical team.
-

Emotional Recovery

It's normal to experience a range of emotions after surgery. Some patients feel relief, while others may have moments of doubt, impatience, or frustration during the healing process. Please know this is part of recovery. Give yourself grace, and reach out if you need support.

Watch for Warning Signs

Call our office immediately if you experience:

- Increased redness, warmth, or swelling at the incision site
- Pus-like or foul-smelling drainage
- Fever > 101°F (38.3°C)
- Severe pain not relieved by medication

- Excessive bleeding or new bruising
 - Persistent chills or feeling unwell
-

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@asiapacificaesthetics.com	<ul style="list-style-type: none"> • General recovery questions • Appointment inquiries • Prescription refills
Urgent Questions or Concerns	Dr. Ching's Office: (808) 585-8855 Dr. Long's Office: (808) 439-8064 <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.