

# Aftercare Information

## General Anaesthetic

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Making you, more you

This information has been provided to enhance your understanding of our procedures or treatments prior to an initial consultation with a specialist consultant plastic surgeon. Many clients find it useful to note down questions they have thought of whilst reading this treatment guide. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).

For out of hours emergencies and at weekends, please call 07753 211771.

Following a general anaesthetic, it is important to have someone stay with you overnight. Your judgement and responses may be affected and you may feel light-headed and nauseous (sick).

It is important to avoid any of the following for at least 24 hours, and preferably 48 hours:

- Driving
- Use of any power tool or mechanical machinery
- Drinking alcohol
- Taking Aspirin
- Undue exertion
- Making any vital decisions or signing any important documents
- Avoid smoking and vaping and smoky atmospheres until your wound has healed

## What to expect after your surgery

During the first 24 hours, there may be some discomfort. Taking the pain relief prescribed for you will help to relieve this.

Some tenderness and pain is expected after the surgery. If you notice swelling and redness, or you have excessive pain please contact us at the clinic so that we can advise you.

If you have had surgery on your face, neck or head please do not bend down for 48 hours. This will cause pressure on your wound and increase the risk of bleeding.

If bleeding does occur, apply continuous firm pressure with clean gauze, which we have supplied for you, for 10 minutes. You may need to do this more than once.

Keep dressings clean and dry unless advised that you may bathe with the dressing in place.

Please contact us for advice if you have any of the following concerns:

- Swelling
- Tight dressing
- Excessive bleeding
- Pain not relieved by medication
- Numbness or tingling in your arms or hands
- Pain Swelling or Redness in your leg
- Fever

Please do not hesitate to contact us if you have any questions, queries or concerns. For out of hours emergencies and at weekends please call 07753 211771.

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