

# CRUISE PLASTIC SURGERY

180 Newport Center Drive, Suite 150, Newport Beach, CA 92660, Phone: 949-644-4808

## PRE-OP & POST-OP INSTRUCTIONS

TIME FOR SURGERY: ½ -1 ½ HOURS

### KELOID REMOVAL

#### BEFORE SURGERY

1. Avoid sunbathing for 2 weeks prior to surgery.
2. Quit smoking at least one week prior to surgery as nicotine can impair and delay healing.
3. Stop all aspirin containing products vitamin E and herbal supplements 2 weeks prior to surgery.
4. Let the doctor know of all medications taken daily.
5. Let the doctor know if you develop an illness, cold, or any skin infection in the surgical area within a week of surgery.
1. Arrange for someone to drive if you take Xenax.

#### THE DAY OF SURGERY

1. Do not eat or drink anything for 2 hours before surgery.
1. Shower and clean the surgical area thoroughly.
2. Do not bring any jewelry or valuables with you on the day of surgery.
3. Wear comfortable, loose-fitting clothing. Wear flat, comfortable shoes.
4. Arrive half an hour before surgery.

#### AFTER SURGERY

1. Replace gauze as necessary.
2. You may take a cool shower the next day.
2. Keep surgical area clean and dry at all times.
3. If you have a tape over your incision allows it to fall off on its own.
4. Start applying ScarLess® on your incisions. ScarLess® is a prescription strength cream with vitamin E, silicone and Hydrocortisone to help minimize redness and elevation of the scars. You can purchase ScarLess® at our office at a follow up visit.
5. Regarding exercise: If it hurts don't do it. Wait for your body to tell you what you can do.

#### WHAT TO EXPECT AS YOU RECOVER

1. Your healing incision lines may itch a little. Avoid scratching them.
2. You may experience some numbness. Remember not to put ice or anything hot directly onto skin because you will have decreased awareness of temperature damage.
3. The scar may become thick and puffy as it heals. The scar will flatten out within 6-12 months. You must understand that there is a possibility that the keloid may return despite all or efforts
4. There are 4 post operative maneuvers to decrease the chance of recurrence:
  - Steroid injection at 2 and 6 weeks postoperatively.
  - Vitamin E massage. Vitamin E oil can be purchased over the counter.
  - Pressure - this is especially true with ear keloids. Pressure earrings can be purchased at [www.delasco.com](http://www.delasco.com).
  - Silicone sheet. This can be purchased over the counter.All 4 are required.

#### WHEN TO CALL US

Post surgical complications are rare and are often easily solved by the doctor if you notify us. Call us if you experience any of the following: a temperature of 100°F or higher, increased local redness or warmth, or discharge from the incision line and increasing tenderness or if you feel that anything might be wrong. Please call the office during regular business hours @ 949-644-4808 after call Dr. Cruise @ 949-310-8055. If either of the previous numbers fail please call our Back-up line @ 949-266-4018.

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Patient Signature

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Date

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Representative of Cruise Plastic Surgery