



Scar Revision/ Lipoma Removal/ Cyst Removal/ Mole Removal Surgery Pre-Operative Instructions

24/7 RAPID RECOVERY ROUTINE/ THE SEVEN STEPS TO RECOVERY IN 24 HOURS

Welcome to your remarkably rapid recovery after your surgery! Dr. Partington has adapted this program from sports medicine philosophy. It is time tested to get you back in the game of life as soon and safely as possible. Dr. Partington practices surgical techniques to achieve maximal results with minimal downtime. After surgery it is your job to follow the 7 steps explicitly.

DAY OF SURGERY, WHEN YOU GET HOME...

1. FOOD & WATER

Go home and put a little food in your stomach. The medicines don't sit well on an empty stomach. Hydrate well to flush out your system.

2. MEDS

No narcotics needed! As soon as you got home or back to your hotel, you should start taking 600mg of Advil (Motrin or Ibuprofen) at the same time as 500mg of Tylenol (Extra Strength) every 4 hours while awake. These over-the-counter meds taken together work amazing when taken together. You can stop taking them any time you choose.

3. NAP

Rest or sleep for two hours to let your body metabolize the sedating medication you received prior to your procedure.

4. SHOWER

After your nap, shower. Keep paper tape covering your incisions on and hop into a nice hot shower with Dial soap (avoid scented cream-based soaps like Dove). You will want to shower first thing each morning when you get up, or as often as you like. No baths yet!

5. MOVE!

Stretch and work out the common tightness and stiffness after surgery. Stay limber and active.

NEXT DAY...REPEAT STEPS 1-5...

6. OUT TO LUNCH

A critical part of your recovery is to go out to lunch with your caregiver the day after surgery. Not hungry? Then head out for a cup of coffee or do some window shopping. Just get out of the house and walk a bit. FAKE IT TILL YOU MAKE IT!



7. RAPID RECOVERY SELFIE

Celebrate yourself (**this is important and serves as your first post-op appointment**) with a selfie at lunch or out and about within 24 hours of your surgery. Send in your photo to info@partingtonps.com, and join the ranks of our 24-hour recovery gallery of rapid recovery heroes. Keep a copy for yourself... You are AMAZING!



FREQUENTLY ASKED QUESTIONS:

What are the benefits of the 24/7 Rapid Recovery?

The 24/7 Rapid Recovery Routine was developed in sports medicine and physical therapy with the intent to get athletes back to their sports quickly and effectively in the event of an injury. Using this routine will help you get back to being active and back to your regular schedule after your surgery. 24/7 Rapid Recovery will result in a faster recovery, less pain, and fewer risks.

Why don't I need narcotics? What pain meds am I supposed to take instead?

Problems associated with narcotics outweigh the potential benefits. Narcotics can result in numerous problems including: addiction, constipation, nausea, low blood pressure and potential for overdose. Instead, take 600mg of Advil (Motrin or Ibuprofen) with 500mg of Tylenol (Extra Strength) together every 4 hours while you are awake. Taking these over-the-counter medications at the same time are proven to be as effective as Percocet. If you are having difficulty managing your pain, please give our office a call.

How long should I take the Advil/ Tylenol combination?

You can stop taking them any time you choose. We recommend taking them for the first 3 days minimum.

Is bruising or swelling normal?

Bruising and swelling is normal and expected for many patients and procedures. If you have new or worsening bruising or swelling or you are not sure if it is normal, please give our office a call.

How much Arnica should I take?

You should begin taking Arnica 7-14 days prior to surgery to minimize bruising and swelling. You should follow the instructions on the bottle.

Will I have scarring?

With any incision, you will have a scar; luckily, Dr. Partington works diligently to minimize the appearance of any incisions and scars. Initially, your scars will appear a red/pink/purple color, later they will fade to a white/skin-tone color. Using SPF daily is essential to minimize scarring. You should also use Bio-Corneum, which can be purchased at the office. Bio-Corneum uses a patented crosslinking silicone that prevents and minimizes the formation of hypertrophic scars, it also contains SPF 30. Start this after your incisions have healed over and talking to your care team. This should be used twice a day for a minimum of 60 days.

Where can I purchase Bio-Corneum?

You may purchase Bio-Corneum here at our clinic. Dr. Partington or his nurse will instruct you when to purchase this and what size bottle.

When will my stitches come out?

Most of the sutures (stitches) that Dr. Partington uses are either permanent or dissolvable; occasionally he will use sutures that will come out around the 10-day mark during your post-operative appointment. In some cases, he will have only a small suture to remove, these will also be removed around 10 days post-operative.

Something feels like it is poking me, what is it?

It may be a suture, call our office to schedule an appointment to have Dr. Partington and his care team assess what is causing your discomfort.



FREQUENTLY ASKED QUESTIONS:

Why am I itchy and how can I minimize it?

Itching is expected after surgery. When the nerves are disrupted in surgery or due to swelling you may feel numb initially and then itchy when the sensation comes back. To minimize the itchiness, you may take Benadryl; this will make you sleepy.

When can I shower?

You should shower the day of surgery, after your big nap (Showering is Step 4). You should continue to shower daily. Use Dial soap, no scented soaps. Don't rub the incisions/tape or have strong water pressure directly on the incisions. It is okay to get the incisions and tape wet. No baths or submerging your incisions in a body of water for 2-3 weeks or until your incisions have healed completely.

When can I get my incisions wet?

You are encouraged to shower daily. It is okay to get the incisions and tape wet. No baths or submerging your incisions in a body of water for 2-3 weeks or until your incisions have healed completely. After 2-3 weeks, use Vaseline on the incisions prior to swimming, hot tubbing, or submerging in water. Rinse the incisions with water and Dial soap after. Be sure to check with your care team first.

When can I get back to normal activity?

We encourage you to get back to normal activity as soon as possible. With the 24/7 Rapid Recovery Routine, many patients are back to normal activity the next day. Be mindful of certain maneuvers that may put too much strain on your incisions. Exercise should be slowly worked up to; light walking is great but wait 4-6 weeks until you begin heavy cardio and lifting. Be sure to talk with your care team to see when you can resume all of your usual activities.

Should I be massaging?

You do not need to massage unless your care team has instructed you to do so.

Should I get lymphatic massages?

This is entirely up to each patient. Some of our previous patients have had a lot of great results from lymphatic massage while others did not see much of a difference.

When can I drive?

If you received sedating medications, you should not drive for the first 24 hours after your surgery. Luckily, you can get back to driving sooner without the use of narcotics. If you do receive any narcotics, you should not drive.



FREQUENTLY ASKED QUESTIONS:

I have pets and/or kids, what should I do differently after surgery?

After surgery your pets should not sleep in your bed, this can cause infections. If you help your children use the bathroom and/or change their diapers, be sure to wash your hands thoroughly after helping them.

How can I prevent infections?

Shower daily after surgery, wash your sheets and towels prior to surgery and continue washing them frequently, wash your hands often, especially after helping your children use the bathroom and/or change their diapers, and do not let your pets sleep with you.

When do I call the clinic?

If you have any questions or concerns, please email or call the clinic. Our staff would be happy to answer any questions you may have or address any concerns. If you are having difficulty managing your pain, excessive irritation of your incisions, foul odor of your incisions, separation of your incisions, or any other concerns give us a call.

When do to go to the ER or call 911?

In the event of a medical emergency, go to the nearest ER or call 911. If you have unexpected bleeding or swelling, chest pain, shortness of breath, difficulty breathing, intense pain/cramping in any extremities (a leg or arm), severe lethargy, high fevers or uncontrolled nausea and vomiting go the nearest ER or call 911.

Call Partington Plastic Surgery and Laser Center at [425-883-2294](tel:425-883-2294) if you have any concerns or questions. If you need to contact Dr. Partington and it is after hours call our office at [425-883-2294](tel:425-883-2294) and follow the prompts to reach the doctor (dial 9).



Medication Protocol as part of your 24/7 Rapid Recovery – Page 1 of 2

To the Patient and Patient Caretaker:
Please read in full this information in advance of the patient's surgery date.

Please have these medications readily on hand for your post-surgery 24/7 Rapid Recovery:

- Advil, the 200mg tablets.
- Extra Strength Tylenol, the 500mg tablets
- Advil PM, the 200mg tablets.

Substitution options for Advil:

If a substitution is desired or needed for Advil:

Motrin is another brand name for generic Ibuprofen.

Generic Ibuprofen may also be used as a replacement for Advil or Motrin.

Motrin and Ibuprofen also come in 200mg tablets.

Please begin this medication protocol once you are home post-surgery and have eaten a meal.

- Step 1: Eat a meal very soon after you return home (or hotel) post-surgery.
- Step 2: Begin this medication protocol right after you have eaten.
- Please do not take these medications on an empty stomach.

Taking these medications with food, as the specified dosage, will prevent nausea and heartburn.

Taking these medications on an empty stomach may lead to nausea, heartburn or both.

Please call us if you have any questions about this protocol or any other questions.

Partington Plastic Surgery's practice / office phone number is 425-883-2294.

To reach Dr. Partington after hours, please dial this number (425-883-2294) and you will be prompted to Press 9, which will patch you through to Dr. Partington. If you get the voicemail for Dr. Partington, please leave a voicemail so that Dr. Partington may listen to your message and return your call.



The Medication Protocol as part of your 24/7 Rapid Recovery Page 2 of 2

During daytime / waking hours:

Every four hours take 600mg Advil plus 500mg of Tylenol.

These dosages taken together at the same time is key, every four hours.

Please set an alarm / reminder to prompt you to take the specified dosage every four hours.

Specific Tablet Quantity Dosage, every four hours during daytime / your awake hours:

- Advil 600mg dose = 3 tablets of 200mg.
- Tylenol 500mg = 1 tablet of 500mg.
- It's okay to rest and take a nap during the day, but please maintain the every four hour dosing.

At Bedtime:

For your dose that's timed most closely to your desired bedtime, please switch to Advil PM.

Dosage for Advil PM:

- 2 and only 2 tablets of Advil PM plus the 500mg Tylenol, taken together at the same time.
- Advil PM is only one dose per 24 hours.
- Emphasis: Advil PM is only 2 tablets per a 24 hour cycle.
- Advil PM should occur most closely to your desired bedtime.

- If you wake up during nighttime sleeping, at or after the 4 hour interval mark, please repeat the regular Advil of 600mg which equals 3 of the 200mg plus Tylenol 500mg, which is one tablet of 500 mg.

- If you sleep for the full night, this is wonderful!
Once awake in the morning, please resume the every 4 hour daytime awake protocol outlined above.

Optional Replacement / Substitution for Advil is as follows:

Instead of Advil, you may use Motrin or ibuprofen.

600mg Motrin or 600mg Ibuprofen can be used as a replacement for Advil.

Tablet Quantity Dosage of this substitution, if applicable:

- Motrin 600mg dose = 3 tablets of 200mg
OR
- Ibuprofen 600mg dose = 3 tablets of 200mg