

Rajiv Sood MD, FACS
Aesthetic and Reconstructive Surgery
317-880-6825

Pretreatment Instructions for Patient

- Blood tests are required prior to treatment. Have blood tests at least two weeks prior to the procedure.
- If a medication is prescribed, please fill the prescription and take medications as indicated _____.
- Arrange for transportation to and from the office. You should not drive yourself after the procedure.
- If you take a blood thinner (baby aspirin, Coumadin, Plavix, etc.) please let us know as this affects your care and postsurgical treatment.
- No aspirin, ibuprofen or alcohol one week prior to the procedure. Also discontinue all multivitamins, St. John's Wort and Vitamin E.
- Drink 1-2 quarts of water daily for one week prior to the procedure.
- Please bathe the day of the procedure.
- Do not apply any creams or make-up the day of the procedure.
- Please wear comfortable clothes. If you are normally cold, you may want to wear warm clothes as our offices are often chilly. A button shirt may be easier for you to remove once you get home.
- Prior to your procedure, you may want to have a light meal.

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Posttreatment Instructions for Patients

- Bed rest is helpful after the procedure.
- If medication is prescribed, take the medications as indicated.
- There should be minimal discomfort. Discomfort may be relieved by ice packs or acetaminophen.
- There may be drainage from your incisions. This is normal and may last several days. You may place gauze sponges inside your compression garment to absorb any drainage.
- If a compression garment is recommended, keep absorbent dressing or garment on for 24 hours and then remove. Continue wearing the garment for _____ per physician orders.
- Do not engage in vigorous exercise or sports for at least 2 weeks or until approved by your physician.
- Apply antibiotic ointment or Scarguard treatment to the incision twice daily using a cotton swab.