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Patient information:

Postoperative Swelling & Bruising





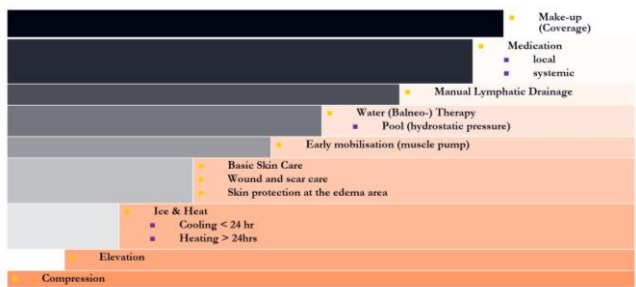
Like it or not, post-surgical swelling and post-surgical bruising are unavoidable side effects of any minimal-invasive and invasive procedures or surgery. It is, after all, part of the body's natural response to trauma and a necessary part of the recovery process

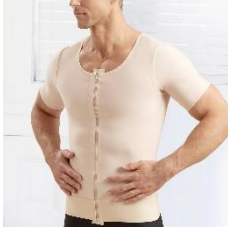
Post Surgery Swelling: Surgery, although controlled, causes trauma by way of incisions. This increase in permeability allows fluids, white blood cells, and other chemicals to flood the areas to start the healing process. This process is known as inflammation or swelling

Post Surgery Bruising is due to blood leaking from blood vessels, either during or after surgery. Mild to moderate post surgical bruising is inevitable and is rarely serious or cause of concern



The **patient information** only gives a general introduction for a better understanding of aesthetic plastic surgeries. It cannot replace the personal and detailed doctor-patient discussion. To answer your questions for your personal, individual situation, arrange your non-binding personal consultation appointment

Suitable Patients	All Patients with minimal-invasive or invasive procedures or surgeries.		
Consultation	In clinical practice, a complete scar work up is done, which consists of 3 parts:		
	Basic Patient information	Basic Swelling (Edema) information	Special Edema work-up „What bothers you?“
	age gender general health further diagnoses job (→ stress) domestic situation (→ care) medication (“blood thinner”) allergies nicotine	Location of Edema Extend of Edema Quality of Skin Stage and Course of Edema Previous Edema Treatment(s) What are your expectations	Colour of Bruising Red Dark/blue Green Yellow Extend Severity Dysesthesia itching pain Apparence (Aesthetics) Localisation Course Width Pattern Surface Coping with psychological stress Foto documentation
			
Risks (Informed Consent)	Extensive swelling can lead to impairment of vascularization of the skin with subsequent loss of tissue (necrosis)		
Preparation	A specific preparation for post-surgery swelling (edema) and post-operative bruising treatment is not necessary		
Treatment	<p>The best treatment is prevention or better minimizing of postsurgical swelling (edema) and postsurgical bruising</p> <p>There are various simple, conservative therapy options to influence postoperative swelling (edema) these are summarized in the so-called Edema Suppression Ladder</p>		
Prevention of post-surgical Swelling and postsurgical Bruising			
<p>The best treatment is prevention or better minimizing of postsurgical swelling (edema) and postsurgical bruising. This is mainly the surgeon’s task</p> <ul style="list-style-type: none"> • Stopp “blood thinner” before surgery • Avoid complex procedures (Planning the procedure) • Use tissue infiltration with adrenaline (Reduce bleeding) • Atraumatic tissue handling • Carry out meticulous hemostasis (reduce bleeding) 			
Treatment of post-surgical Swelling and post-surgical Bruising			
<p>Adequate Edema Management speeds up wound healing and scar maturation. There are various simple, conservative therapy options to influence postoperative swelling (edema) these are summarized in the so-called Edema Suppression Ladder:</p>			



1) Compression

Compression therapy helps to prevent and eliminate swelling. Though it seems counterintuitive, the pressure increases circulation. It does not slow the flow of blood. The improved blood flow helps promote healing, while the pressure helps prevent blood from pooling in the veins.



2) Elevation

Elevation above heart level, to encourage swelling to return towards the body



3) Ice & Heat

Applying **ice packs** for the **first 24 to 48 hours** after surgery will reduce the blood oozing from small blood vessels (capillaries)

After 48 to 72 hours, patients should switch from ice packs to a **heat pad**. Applying heat to the bruises will improve blood flow and aid in the removal of damaged red blood cells in the tissues.

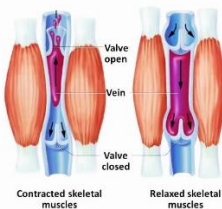


4) Basic Skin Care

Keep the swollen area clean and free from injury. Dry, cracked skin is more open to scrapes, cuts and infection.

Skin care with refatting crème (Vaseline, Mebo Scar, ...) 3 – 5x/day by the patient (**“Taking care of my edema” → psychological impact**)

NOTE: wearing a compression garment 24/7 is a major stress for the skin



5) Early Mobilization

Activation of the so-called “muscle pump” leads to a significant reduction of the swelling.



6) Water (Balneo-) Therapy

Water effects a constant (hydrostatic) pressure on the body surface, thus increasing the fluid transport back to the heart.

NOTE: Patient are highly encouraged to go to the pool after complete wound healing/removal of the sutures 10 – 14 days after surgery



7) Manual Lymphatic Drainage

Lymphatic drainage massage, which is sometimes called manual lymphatic drainage, or MLD, involves gently massaging areas of the body to help move lymph fluid (swelling) to an area with working lymph vessels

NOTE: start early, apply sufficient sessions (>10), very effective in combination with compression garment



8) Medication

Local medication: There are several **herbes and plants (anica, ...)** which could be used topically to reduce swelling

Systemic medication: Non-steroidal anti-inflammatory drugs, also known as NSAIDs are medicines that are used to relieve pain, and reduce swelling (inflammation).

NOTE: we are routinely prescribe Arcoxia 90mg or 120 mg 1-0-0 for a period of 10 days . **Medication should start 1 day before the planned procedure/surgery**



9) Coverage by Make – up

Postoperative bruising can be cover with make-up as early as 24 hrs after the procedure/surgery



Results

A standardized post-surgical edema and bruising treatment will significantly improve the healing process and facilitates rehabilitation

Swelling

Swelling will be at its worst for the initial days following surgery. It will usually begin to subside after 7 days, and by the 2nd week after surgery you should see about a 75% reduction. 6 weeks after surgery you should see a 90% reduction with continued improvement over the next few weeks

Bruising

Post surgical bruising tends to peak within the first days of a procedure, initially appearing black, dark purple or blue, before fading to green, yellow or brown around 6 days post-op. Bruised skin should gradually return to normal, with bruising expected to subside altogether within a couple of weeks

