

EARLOBE REPAIR

A. Pre-Op Earlobe Repair Instructions:

- 1) Avoid blood thinners for 10 days, beginning one week prior to surgery. (See Food and Supplements List)
- 2) Begin taking Arnica Montana and Vitamin C as instructed in the Food and Supplements sheet.
- 3) IF you wish to have your earlobe(s) re-pierced at the time of surgery, you MUST adhere to the following requirements AND bring your earring(s) in on the day of surgery:
 - i) must be POST-style earring (ie. Stud; NOT wire or dangling type)
 - ii) must be LIGHT-weight earring
 - iii) must be 14K gold, 18K gold, or surgical steel post
 - iv) must be capable of being safely soaked in iodine or Hibiclens sterilizing solutions (ie. NOT pearls or delicate gemstones), Note: Claire's and Piercing Pagoda in Crabtree Mall often have suitable earrings reasonably priced.

B. Post-Op Earlobe Repair Instructions:

- 1) Avoid blood thinners for additional 72 hours (3 days).
- 2) Use cold pack on treated area for 5-10 minutes at a frequency of 3 times per day for the first two days after the procedure.
- 3) Take prescribed antibiotic, and steroid pills (if recommended), as directed.
- 4) Take prescribed pain medication as needed.
- 5) **Keep surgery site(s) clean and dry for a week.**
 - **When taking a shower, wad up a clean, dry washcloth and cover the surgery area throughout the time in shower (wadding up as opposed to folding the cloth will make it harder for water and bacteria to reach the surgery sites.)
 - **To clean the treated area, moisten a Q-tip with 3% hydrogen peroxide, and dab over the area (DO NOT RUB), then let air-dry. Next, apply a tiny amount of over-the-counter antibiotic ointment (eg. Polysporin, Neosporin, Triple Antibiotic, Bacitracin) with clean fingertip. Do this twice daily until the sutures have dissolved.
- 6) Keep your head elevated above the level of your heart at all times for the first 3 days to avoid throbbing pain.
- 7) IF you had an earring post placed at the time of surgery, DO NOT twist or turn the post for the first 14 days. Then, gently turn it **two turns, twice daily, for one month**. ALSO!!!...Make appointments for follow-up 1-2 weeks after surgery and 1-2 months after surgery.



all about aesthetics, pc
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FOOD AND SUPPLEMENTS MUST BE AVOIDED PRIOR TO PROCEDURE!

1-Blood thinners must be avoided one WEEK prior to surgery/procedure and THREE days after surgery/procedure. Blood thinners can greatly increase risks of bleeding and bruising (as well as complications from bleeding in the eye area, following eye surgery, such as blindness).

2-Take Vitamin C (1500 mg each day) for one WEEK prior and for 2 months afterwards.

3-Take Arnica for 2 days prior to procedure, day of the procedure, and for 3 days after procedure.

It is IMPERATIVE that you avoid all blood thinners **except as indicated by your physician.**

Blood Thinners include:

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| Acai Berry | Goody Powders |
| Advil | Heparin |
| Alfalfa | Ibuprofen |
| Alka Seltzer | Kale |
| Aleve | Licorice |
| Arthritis meds | Lovenox |
| Aspirin | Meloxicam |
| Bengay | Motrin |
| Clove Oil | Omega-3 (Fish Oil) – you CAN eat shellfish! |
| Conchena Bark | Persantine |
| Coumadin | Plavix (clopidogrel bisulfate) |
| Darvon | Red Wine |
| Dong Quai | Spinach |
| Feverfew | St. John’s Wort |
| Garlic | Ticlid (ticlopidinehydrochloride) |
| Ginseng | Turmeric |
| Ginger | Vitamin E |
| Ginko Biloba | Vitamin K |

Note: Tylenol (which is Acetaminophen) is not a blood thinner; **it is okay to take.**

When in doubt about a medicine or herb and its tendency to cause bruising or bleeding, call your pharmacist.

****Please note that many ethnic foods (Chinese, Italian, Mexican, etc.), can be the cause of bleeding and bruising during and after procedures/ surgeries.**