

Surgical Procedures Using Local Anesthetic

Your surgery is planned under a local anesthetic, meaning that the surgical areas will be numbed by the surgeon and you will not be sedated. The advantage of this technique is that you will have fewer medications in your system. You will be able to walk in and out of the surgical facility. Typically, you will not need another adult to watch over you after the procedure, unless the surgeon has recommended differently.

On the day of surgery, a discussion about the procedure will take place and consent forms will be signed.

A couple of things to keep in mind.

- **Eat a light meal and try to be well hydrated before the procedure**
- **Try to avoid aspirin, ibuprofen, Vitamin E supplements, fish oil and herbal supplements 3 weeks before and 1 week after the surgery**
- **Take all medications that you normally take. Dr. Altman might discuss the use of blood thinners with your doctor.**

Unless there has been a skin graft, most patients can shower the day after surgery. Usually there will be either waterproof tape on the incisions or orders for an antibiotic ointment to be placed on the surgical areas for about 24 to 48 hours.

Sutures for most procedures are removed in 5 to 7 days.

Plain Tylenol (acetaminophen) is usually prescribed for mild pain. This drug cannot be used with alcohol. Narcotics such as Percoset (oxycodone and acetaminophen) may be prescribed if moderate to severe pain is anticipated. This medication can cause severe nausea, and needs to be taken with a significant amount of food and water. This medication may also cause drowsiness. As such, driving while under the influence of this medication is not allowed.

Procedures performed under local anesthetic have risks - please call your doctor if you have unusual bleeding, swelling, pain, redness, fever, or other symptoms of concern.

These are general guidelines, as each patient and procedure are different. Contact the office at (949) 727-3999 if you have any questions or concerns.

Donald Altman, M.D.