



بیمارستان کارمانیا  
KARMANIA HOSPITAL

**\*\*Medical Services\*\***



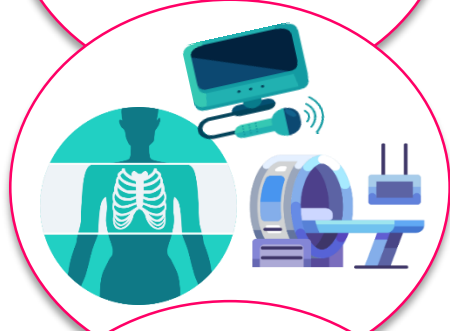
## :Surgery/عمل Laminectomy



a type of surgery in which a surgeon removes part or all of the vertebral bone (lamina).



CBC, PT, INR, BG&Rh



In case of impaired breathing through the nose, Paranasal sinus CT scan  
در صورت اختلال در تنفس از راه بینی Paranasal sinus CT scan



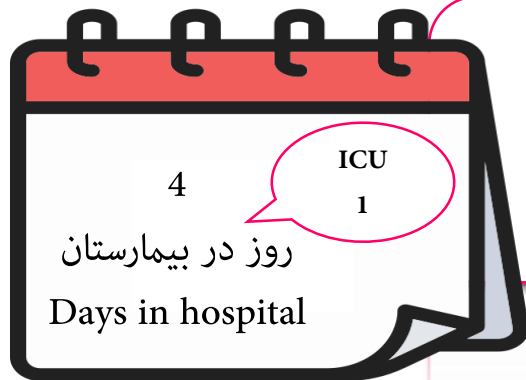
Internal consultation and cardiology if the patient is over 40 years old  
مشاوره داخلی و قلب و عروق در صورت سن بالای 40 سال بیمار

### Preparations before laminectomy

- Before performing the operation, the doctor checks the patient's medical history and may prescribe tests to ensure the health of the person.
- At this stage, you can ask the doctor your questions about the surgery, and if you are allergic to anesthetics and other drugs, it is better to inform your doctor.
- If you use any medicine, it is better to inform your doctor. Before the operation, the doctor may give you instructions for the use of medicines and food.
- If you are taking blood thinners, be sure to let your doctor know so they can stop taking them a few days before surgery.

### Cares after laminectomy

- After laminectomy surgery, the person is required to rest for the period of time determined by the doctor and should not rush to perform daily activities.
- These people should never lift or move heavy objects and should not put pressure on their back even when sitting and standing up and even sleeping.
- But if the experts consider it necessary to do physical therapy after laminectomy surgery, you must do this to strengthen the muscles and go to the relevant centers for a certain number of sessions.
- It is better to continue taking the drugs for as long as the doctor recommends, and this will definitely help to improve the damage to the spine and the result you expect from laminectomy will be obtained very soon.
- Be sure to use a variety of liquid and tonic foods to prevent constipation in addition to meeting the body's needs.
- You cannot do any additional activities until the doctor gives permission. Of course, it is necessary to do special exercises and stretching and softening activities after the operation, but the doctor will teach you how to do them.



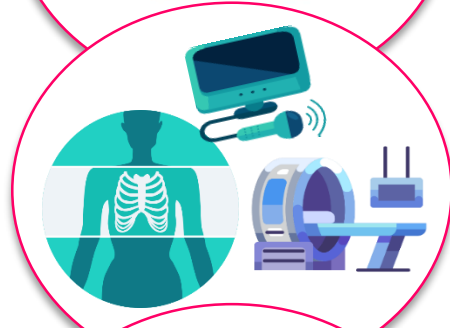
:Surgery/عمل

## Total Hip

removing damaged sections of the hip joint and replaces them with parts usually constructed of metal, ceramic and very hard plastic.



CBC, BUN, Cr, FBS, ESR, CRP, HgA1C, V/A, U/C



Pelvic & hip radiography, chest X-ray

رادیوگرافی pelvic & hip



ECG & Internal consultation

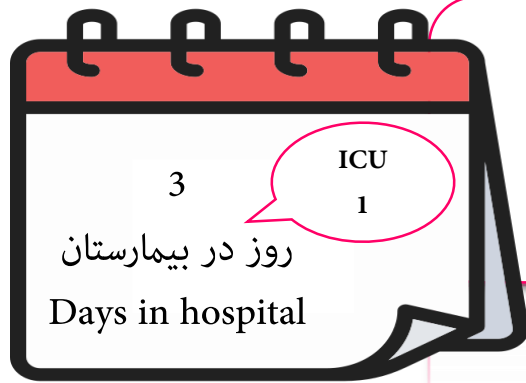
مشاوره داخلی و تست نوار قلب

### Preparations before total hip

- It is very important to strengthen the muscles around the operation area by exercising and being more mobile before the surgery so that you have a shorter recovery period. You can consult your physiotherapist about these exercises.
- Avoid using herbal medicines and blood thinners.
- In order to prevent post-operative anemia, the doctor prescribes iron supplements.
- Stop using any kind of tobacco, including cigarettes and hookah.
- Strengthen the muscles around the pelvis with stretching exercises. Strengthening these muscles can help speed up the recovery process of the body and joints.

### Cares after total hip

- Take the medicines prescribed by the doctor on time, also the doctor prescribes you antibiotics to prevent infection, take them on time and complete the course of its use.
- Keep the site of surgical incisions clean and dry and change them according to the doctor's instructions.
- It is better to avoid going to the bathroom for the first few days and let the absorbable sutures absorb and close the surgical incisions.
- For a few weeks, according to your condition, you should use a cane and a walker and avoid putting weight on the operated leg.
- Avoid heavy sports and physical activities for 6 to 8 weeks, although this period varies depending on the individual's condition.
- Do the exercises that your doctor and physiotherapist advise you correctly.
- To prevent blood clots, you should get up after the operation and walk with the help of people and crutches.



:Surgery/عمل

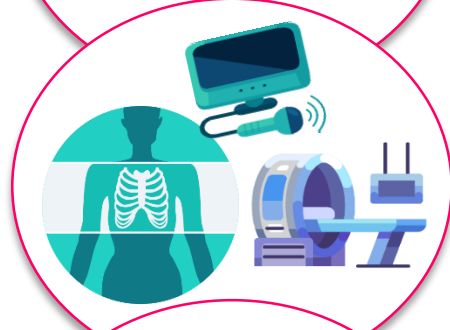
## Anterior cruciate ligament (acl)



surgical procedure which is most commonly performed using arthroscopic techniques.



CBC, BUN, Cr, FBS, ESR, CRP, HgA1C



Alignment, Knee MRI & graphy-Chest X-ray

گرافی و MRI زانو، الاینمنت و قفسه سینه



ECG & Internal consultation

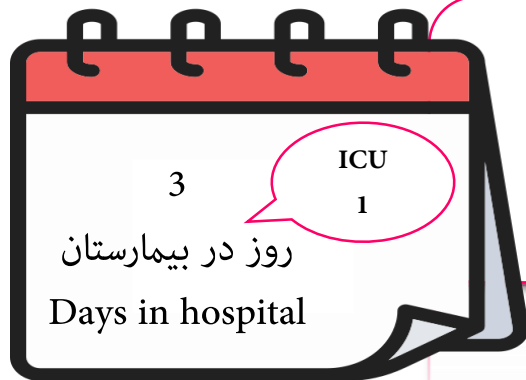
مشاوره داخلی و تست نوار قلب

### Preparations before acl

- Use crutches or crutches when walking.
- Use the anti-inflammatory and painkillers prescribed by the attending physician.

### Cares after acl

- Clean and disinfect the surgical site and change the dressing.
- Prevent moisture from reaching the surgical area while bathing (if approved by the doctor).
- Take prescribed medicines (pain relievers, aspirin and antibiotics) on time.
- Do the prescribed exercises regularly.
- Get help from a cane or walker for at least 4 weeks.
- Use a knee brace.
- Use an ice pack for a few days after the operation (if prescribed by the doctor).



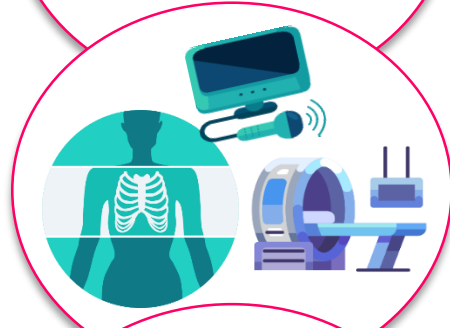
:Surgery/عمل

## Knee arthroscopy-\*One knee

a surgical procedure that allows doctors to view the knee joint without making a large incision (cut) through the skin and other soft tissues.



CBC, FBS, HgA1C, ESR, CRP

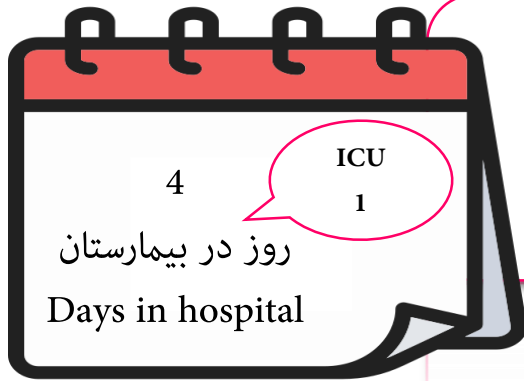


Knee MRI & graphy, Chest X-ray  
گرافی و MRI زانو، گرافی قفسه سینه



ECG  
تست نوار قلب

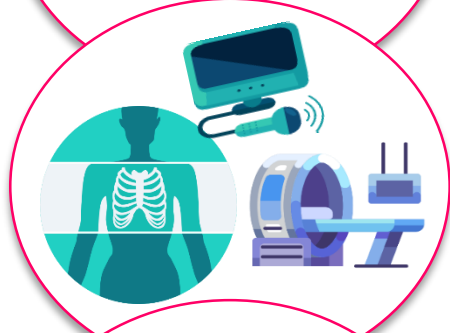




:Surgery/عمل

## Knee arthroscopy-\*Two knees

a surgical procedure that allows doctors to view the knee joint without making a large incision (cut) through the skin and other soft tissues.



### Preparations before Knee arthroscopy

- If you use medicine or supplements, you must inform your orthopedic surgeon. You may need to stop taking some of these medications before surgery.

### Cares after Knee arthroscopy

- It is necessary for each patient to use a walker or cane for a while, according to the conditions and complexity of the knee joint replacement operation, which is at least two weeks.
- It is necessary to keep the wound dressing between 10 days and two weeks, and after this period, the stitches are removed.
- It is better not to drive for two months after the operation.

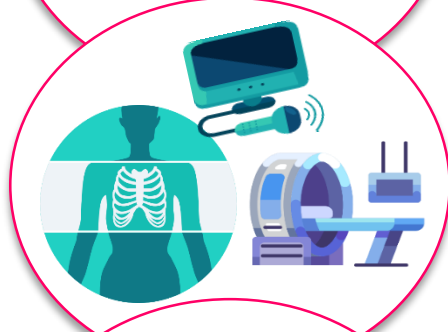


:Surgery/عمل

## Laparoscopic cholecystectomy



Removing the gallbladder (called a cholecystectomy) if gallstones are causing problems.



### Preparations before Laparoscopic cholecystectomy

- If you have a certain disease and are being treated, inform your doctor and nurse because your medications may need to be discontinued and new medications replaced.

### Cares after Laparoscopic cholecystectomy

- Some patients may have nausea and vomiting, which can be resolved by taking anti-nausea drugs.
- In the first week after the operation, avoid heavy foods and flatulence.
- Depending on the type of suture and dressing, the patient can take a bath on the evening of the operation day or on the second day after the operation.
- The stitches are usually removed one week after the operation, and the patient starts his daily work around the same time. It is better to avoid heavy physical work for the first few weeks.
- If you experience severe abdominal pain, nausea and vomiting, fever, weakness, lethargy or loss of appetite, you should see your doctor.

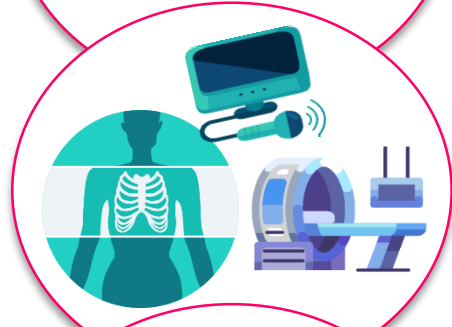


:Surgery/عمل

## Open surgery cholecystectomy



Removing the gallbladder (called a cholecystectomy) if gallstones are causing problems.



### Preparations before Open surgery cholecystectomy

- If you have a certain disease and are being treated, inform your doctor and nurse because your medications may need to be discontinued and new medications replaced.

### Cares after Open surgery cholecystectomy

- Some patients may have nausea and vomiting, which can be resolved by taking anti-nausea drugs.
- In the first week after the operation, avoid heavy foods and flatulence.
- Depending on the type of suture and dressing, the patient can take a bath on the evening of the operation day or on the second day after the operation.
- The stitches are usually removed one week after the operation, and the patient starts his daily work around the same time. It is better to avoid heavy physical work for the first few weeks.
- If you experience severe abdominal pain, nausea and vomiting, fever, weakness, lethargy or loss of appetite, you should see your doctor.



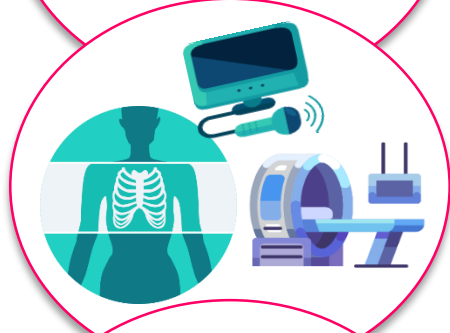
## :Surgery/عمل Rhinoplasty



improving the nose aesthetically, creating harmony with the other facial features.



CBC, PT, INR, BG&Rh



In case of impaired breathing through the nose, Paranasal sinus CT scan  
در صورت اختلال در تنفس از راه بینی Paranasal sinus CT scan



### Preparations before Rhinoplasty

- Avoid aspirin, ibuprofen (Advil, Motrin, and other non-steroidal anti-inflammatory drugs), vitamin E, or any medications that contain these compounds two weeks before surgery.
- Avoid smoking for two weeks before and after surgery. Nicotine and tobacco prolong the healing time and cause scars to remain.
- Avoid sun exposure for two weeks before surgery and use sunscreen (with SPF 20 or more) regularly.

### Cares after Rhinoplasty

- You should not be exposed to sunlight for 2 months after nose surgery. You must be very careful with this sensitive layer of skin. Any exposure to the sun can cause scarring on the skin.
- Using a cold compress: In the first 48 hours after surgery, use a cold compress on the eyes and cheeks to reduce swelling and bruising.
- You should sleep properly and for this purpose, place your head higher than your body using several pillows.
- For at least 2 weeks after rhinoplasty, avoid doing heavy sports activities, lifting heavy objects and bending over to avoid putting pressure on the nose.





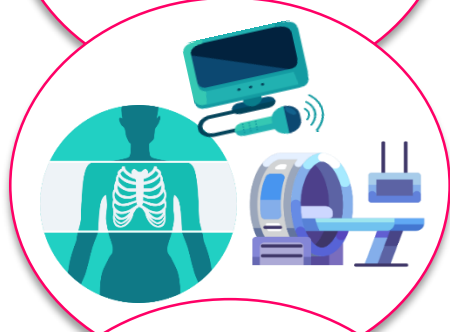
## :Surgery/عمل Thyroidectomy



surgical removal of all or part of the thyroid gland,  
which is located in the front of the neck.



TSH, Ca, P



Chest x-ray if the patient is over 45 years old, frontal and lateral x-ray of the neck if the thyroid is enlarged and thyroid ultrasound

گرافی قفسه سینه در صورت سن بالای 45 سال بیمار، گرافی روبرو و لتال گردن در صورت بزرگی تیروئید و سونوگرافی تیروئید



Internal and cardiovascular consultation if necessary

مشاوره داخلی و قلب و عروق در صورت ضرورت

### Preparations before Thyroidectomy

- If you are taking medications such as aspirin or non-steroidal anti-inflammatory drugs, you should stop taking them one week before surgery.

### Cares after Thyroidectomy

- When lying down, place two or three pillows under your head to keep your head elevated.
- Walk slowly and increase the duration of your walk a little more each time.
- Avoid vigorous physical activity and lifting heavy objects for three weeks after surgery or as long as your doctor tells you.
- You should not pull your neck back too much for two weeks after surgery.
- After 24 hours after surgery, there is no need for dressing and the patient can go to the bathroom.



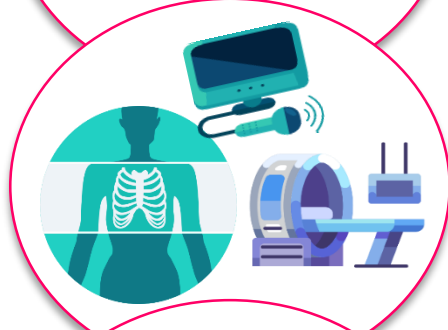
## :Surgery/عمل Abdominoplasty



major surgery that removes excess skin and fat from the abdomen.



CBC, FBS, PT, PTT, INR, BG&Rh, BUN, Cr, Na, K, AST, ALT, T3, T4, TSH



Abdominal, pelvic and abdominal wall ultrasound for hernia  
سونوگرافی شکم، لگن و جدار شکم از نظر فتق



Internal consultation, cardiology and vascular care if the patient is over 40 years old  
مشاوره داخلی، قلب و عروق در صورت سن بالای 40 سال بیمار

### Preparations before Abdominoplasty

- Avoid smoking for two weeks before and after the operation.
- Avoid aspirin, blood thinners, and similar medications, such as ibuprofen, diclofenac, indomethacin, etc., for at least ten days before abdominoplasty.

### Cares after Abdominoplasty

- During the first few days after abdominoplasty, there is swelling and slight pain. It is better to walk bent over these few days, walk during the recovery period and move the legs during rest.
- If possible, get out of bed on the evening of the operation and walk.
- To wear a belly band or band around the clock for at least 2 months.
- Drink plenty of water, don't smoke, and take multivitamins daily.
- In case of performing liposuction along with abdominoplasty, you must use special gloves.
- Avoid heavy sports after the operation.



:Surgery/عمل

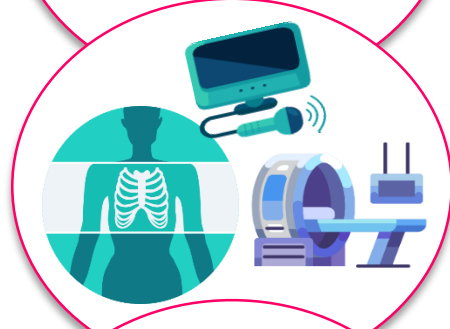
Lipomatic



uses suction to remove fat from specific areas of the body, such as the stomach, hips, thighs, buttocks, arms or neck.



CBC, PT, PTT, FBS, BUN, Cr, AST, ALT, T4, TSH, TG, Cholesterol (LDL,HDL)



Abdominal, pelvic and abdominal wall ultrasound for hernia

سونوگرافی شکم، لگن و جدار شکم از نظر فتق



Internal, cardiovascular consultations if the patient is over 40 years old

مشاوره های داخلی، قلبی عروقی در صورت سن بالاتر از 40 سال بیمار

## Preparations before Lipomatic

- Inform your doctor about the history of diseases and the history of drug allergies and the use of certain drugs.
- Some medicines and vitamins such as vitamin E or even some fruits and foods and spices such as turmeric, pepper and ginger can cause blood thinning. Diluting the blood causes the person to have internal bleeding after doing this process. Therefore, one of the most important measures before lipomatics is to avoid consuming this type of food at least one week and at most one month before surgery.
- You must not take anticoagulants such as aspirin, warfarin, etc. 2 weeks before other pre-lipomatic procedures, because these drugs by diluting the blood, they increase the risk of bleeding during the operation.
- Stop smoking and drinking alcohol at least 2 weeks before to avoid complications that may happen to you during the operation. do it

## Cares after Lipomatic

- The fat extraction site should be well taken care of to prevent bacterial growth and infection.
- Smoking and drinking will prolong the recovery period and should be stopped for at least one month after body sculpting.
- Do not take a bath until the doctor has given permission. In fact, the surgeon allows this when he is sure that the wounds are closed. If water penetrates these holes, infection occurs.
- The patient must use antibiotics for up to two weeks.
- You should not go to the swimming pool, jacuzzi, sauna, etc. for a month. Also, you should not sleep in the tub during this time.
- The patient can walk calmly after two days of rest. Of course, one should do this with short steps and on short routes.
- The dressing should be removed only by a doctor.
- A special sculpting gun must be prepared and used. The use of these genes causes blood vessels caused by the operation to be removed and the occurrence of infection is prevented. Also, after body contouring surgery, the gene supports the new shape of the body and speeds up recovery.



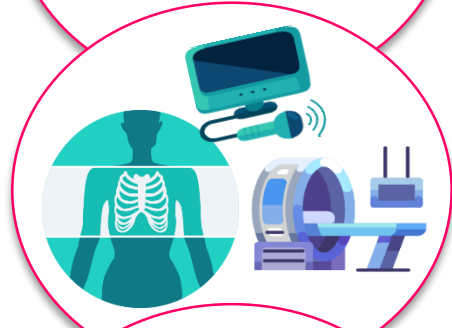
:Surgery/عمل  
Blepharoplasty



a surgical procedure that improves the appearance of eyelids.



CBC, PT, PTT, INR



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Cardiovascular consultation in case of previous illness

مشاوره قلب و عروق در صورت بیماری قبلی

### Preparations before Blepharoplasty

- Avoid taking aspirin, ibuprofen, naproxen and other anti-inflammatory drugs, vitamin E, herbal drugs, etc. for two weeks before the blepharoplasty procedure.
- Avoid smoking for two weeks before and after blepharoplasty. Nicotine and tobacco compounds delay healing after surgery and increase the possibility of scar tissue formation.
- Avoid direct sunlight for two weeks before the procedure. Be sure to use standard and appropriate sunglasses.

### Cares after Blepharoplasty

- The recovery period of blepharoplasty lasts between 10 and 14 days, so it is better to dedicate two to four days of it to rest at home.
- Redness and swelling after blepharoplasty in the area around the eyes is very likely, and cold compresses can be used to reduce it.
- To relieve swelling and bruising in the first few days after the operation and while sleeping, the head should be kept as high as possible and avoid bending to the sides.
- Sun sensitivity is normal after blepharoplasty, and sunglasses should be worn outdoors for at least 4 weeks after surgery.
- Dry eyes occur after blepharoplasty, and for this purpose, ointments prescribed by the surgeon can be used.
- If you have a contact lens, it is necessary not to use it for a week.
- Some eye drops are prescribed at the discretion of the surgeon, which must be used completely.
- Avoid bending, strenuous activities and sports for at least 10 days after the operation. Because these activities increase blood flow and blood pressure in the eye.
- In the first week and maybe 3 to 4 weeks after the operation, it is necessary to avoid any activity that leads to eye fatigue. These activities include reading, watching TV and using computers and mobile phones for a long time.





:Surgery/عمل

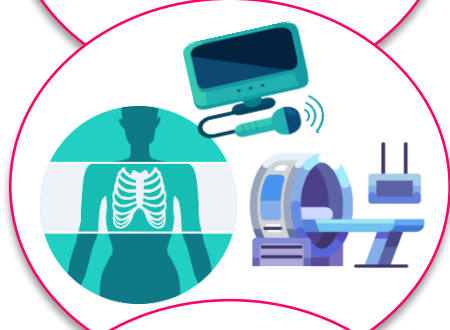
## Augmentation Mammoplasty



commonly performed to increase the size, change the shape, and/or alter the texture of the breasts.



CBC, PT, PTT, INR, FBS, BG&Rh



Ultrasound of breasts and axillary areas in case of age over 40 years and mammography  
سونوگرافی پستان ها و نواحی آگزیلاری در صورت سن بالای 40 سال و ماموگرافی



Internal and cardiac consultation if the patient is over 40 years old

مشاوره داخلی و قلب در صورت سن بالای 40 سال بیمار

### Preparations before Augmentation Mammoplasty

- If you smoke, be sure to stop two weeks before or two weeks after the operation. Do not use blood thinners such as aspirin, ibuprofen, etc. as much as possible.
- If you have a history of anemia, it is recommended to take iron tablets and folic acid one month before the operation.

### Cares after Augmentation Mammoplasty

- In order to avoid increasing the risk of infection in the first 48 hours, do not open the sterile dressing of the operation site.
- Breast drains will be removed two days after the operation. Bathing is prohibited until the drains are removed.
- It is mandatory to use a medical bra for at least one month.
- Sometimes, after removing the drains, bloody fluid accumulates in the chest, which is a sign of heaviness and stiffness in the chest, and it must be drained in the office.
- Avoid heavy physical activity, heavy lifting or vigorous hand movements for two weeks.
- Avoid sleeping on your chest, doing upper body stretching exercises, swimming, etc. for three months.
- Use the medicines prescribed for you carefully and avoid taking other medicines.



:Surgery/عمل

## Reduction Mammoplasty



removes fat, breast tissue and skin from the breasts.



CBC, FBS, PT, PTT, INR, BG&Rh, BUN, Cr, T4, TSH, TG, Cholesterol (LDL&HDL)



Ultrasound of breasts and bilateral axillary cavity

سونوگرافی پستان ها و حفره آگزیلاری دو طرفه



Internal and cardiac consultation if the patient is over 40 years old

مشاوره داخلی و قلب در صورت سن بالای 40 سال بیمار

### Preparations before reduction Mammoplasty

- If you smoke, be sure to stop two weeks before or two weeks after the operation. Do not use blood thinners such as aspirin, ibuprofen, etc. as much as possible.
- If you have a history of anemia, it is recommended to take iron tablets and folic acid one month before the operation.

### Cares after reduction Mammoplasty

- In order to avoid increasing the risk of infection in the first 48 hours, do not open the sterile dressing of the operation site.
- Breast drains will be removed two days after the operation. Bathing is prohibited until the drains are removed.
- It is mandatory to use a medical bra for at least one month.
- Sometimes, after removing the drains, bloody fluid accumulates in the chest, which is a sign of heaviness and stiffness in the chest, and it must be drained in the office.
- Avoid heavy physical activity, heavy lifting or vigorous hand movements for two weeks.
- Avoid sleeping on your chest, doing upper body stretching exercises, swimming, etc. for three months.
- Use the medicines prescribed for you carefully and avoid taking other medicines.