

# RIBXCAR MANAGEMENT:

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## PRE OPERATIVE

- **3D RIB GRILL TEM WITH CARTILAGENNEL VENT**
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## POST OPERATIVE

- Do not get up or lie down for just 7 days.
- Do not go up or down stairs, do not do any physical exertion for 2 weeks.
- Eat a protein-rich diet and drink plenty of water (3 liters per day).
- No chili, shellfish, pork, or fish. Do not smoke or drink alcohol for approximately one month.
- Do not remove the waistband. The waistband is worn for 3 months (day and night).
- No sexual intercourse for 1 month.
- Always walk with assistance and face forward.
- Warning signs (fiber level measured by a thermometer over 39 degrees, loss of consciousness).
- When lying down, move your hands, arms, legs, and feet constantly.
- Perform spirometry 20 repetitions every 4 hours.
- Sleep on your back (NOT ON YOUR FACE OR SIDE).
- Swelling of the extremities is normal.
- It is normal to feel movement and cracking on one or both sides.
- Waistband is reduced once a week by 1 cm

## **MEDICINES:**

**Following these instructions is your responsibility. Remember the third page of the informed consent form you signed before your surgery.**

- **Lanzoprazole 30 mg orally once daily on an empty stomach for 7 days, 6 AM**
- **Arcoxia 60 mg orally every 12 hours for 7 days (with food), 7 AM-7 PM**
- **Paracetamol 500 mg orally every 8 hours for 7 days, 7 AM-3 PM-11 PM**
- **Cefurexime 500 mg orally every 12 hours for 7 days, 7 AM-7 PM**

## **CONSULTATION DAY BRING:**

- **01 SHIRT OR BIBDISON**
- **01 BIAFINE OR BEPANTHEN**