



About Having a Cosmetic Procedure:

Congratulations! You've made a decision that will change your body and your life! Preparation is the first part of the treatment. So here are our recommendations to make it all go as smoothly as possible:

Starting Today:

- Eat a normal, well-balanced diet including fresh fruits, vegetables, and natural grains along with plenty of water.
- Continue a reasonable exercise and activity program. Movement improves blood flow, sleep patterns, and strengthens your mind-body connection which is important for healing.
- You should avoid taking anything containing Aspirin for two (2) weeks before any procedure. Use of aspirin or NSAIDs may lead to prolonged bleeding and increased bruising. Tylenol (acetaminophen) products may be taken.
- Smokers should stop smoking for two (2) weeks before your procedure to improve circulation and accelerate wound healing. If you can't please let us know in advance.
- Arrange an Aftercare Buddy to be available on the day and night of surgery. You will need assistance in getting to the restroom, changing dressings, or cleaning surgery sites, as well as preparing food. If you cannot arrange for someone to stay with you, please let us know so that we may refer you to area caregiver professionals.
- Determine if you are going to shop for your own aftercare materials or purchase a post-operative care package.
- If you are planning to seek reimbursement from your insurance provider, contact your insurance provider for requirements. Cosmetic Concierge does not offer assistance for any part of the insurance process, but we will be happy to provide you with any codes or procedure documentation you may need.

As Your Date Gets Closer:

- If you received Pre-Surgery Requirements, please make sure to have all needed tests, procedures, and clearances prior to your pre-operative appointment.
- In your pre-op email, you will receive instructions, prescriptions, and surgery documents.
- Review all written information provided by the office staff including your surgery date, arrival time, and when to stop eating and drinking.
- If you are not purchasing a Post-Operative Care Package, please pick up aftercare materials from your local pharmacy. We use open Penrose drains and recommend thick absorbent pads, similar to unscented texture and design-free maternity pads.
- Please pick up your post-operative prescriptions and bring them with you to your surgery appointment. Be sure to notify us of any prescription changes or the pharmacy's inability to fill a prescription.
- Make sure that you have scheduled time off from work, school, or any other activities. A minimum of 1 week is recommended. Provide our office with any forms that you need completed for work or school.
- Please let us know if you are having difficulty sleeping or are very apprehensive about your procedure. We will do everything possible to help make this a pleasant experience. Rested and well-prepared patients do the very best.
- Call or email us with any questions that come up! We want to avoid last-minute surprises or misunderstandings. Write down last-minute questions and bring them on your surgery day.
- DO NOT eat or drink after midnight on the night before your procedure unless we have specifically given you a different time. No candy, gum, mints, or excess water.



The Big Day is Here:

- It is completely natural to feel anxious, and that's OK, we've got you from here!
- Please arrive at our facility at the time stated in your Pre-Op Information.
- Your arrival time is not the time your procedure will begin. You may have a short wait prior to the actual start of your surgery. Feel free to bring electronics with you for your own entertainment during the wait.
- Plan to wear loose fitting clothing with a zip up or button down top and flat shoes or sneakers with some traction.
- Do not wear any piercings, makeup, jewelry, perfume, lotion, or deodorant to your surgery appointment.
- Bring all of your medications, including your post-operative prescriptions.
- You will be asked to change into a robe and socks.
- You will have pre-operative photos made for your record.
- The anesthesia/sedation staff will meet with you to answer any questions you may have.
- Dr. Sherie will see you to discuss final planning, answer any questions, and make the skin markings that will guide your procedure.

During Your Procedure:

- In the operating room, we will do everything possible to make you feel comfortable and secure. The operating table is comfortably padded, and a warm blanket will be placed over you while you are connected to the equipment that will monitor your vital signs during surgery.
- An intravenous line may be started in your arm or hand to give you medications that will make you drowsy. The IV will remain in place throughout your stay in the operating room and during the recovery period.
- When your surgery is complete, you will recover in the operating room.
- You will remain in the recovery area until awake and tolerating liquids. The time in recovery varies but will be at least thirty minutes while we monitor your vital signs.

On Recovery Road:

- When ready, we will assist you to the patient loading zone via wheelchair to ensure your comfort and safety.
- You may not feel hungry immediately after your procedure, so begin with ice chips and sips of water or juice. You may advance to solid food as tolerated.
- Have a driver during the first 24 hours after your surgery and while you are taking narcotic pain medication.
- You may shower **72** hours after surgery unless otherwise instructed. Make sure not to rub the incisions or remove the dressings except as instructed.
- Avoid immersing your body in water until all incisions have fully closed.
- As the anesthesia wears off you will become more aware of your discomfort.
- Typically, days 3-5 are the most difficult for comfort. After that, you will feel **a little better every single day.**
- Be patient with yourself and ease back into your daily activities.
- Refrain from lifting anything in excess of 20 pounds or engaging in weight bearing exercises for at least **4 weeks.**
- Expect significant swelling within 24 hours, which will mildly increase for the first 1-2 weeks.
- Swelling will begin to subside around 1 month and there may still be some areas of swelling up to 3 months post-op.
- Pay attention to your body and how your movements impact the surgical area. If it hurts, causes additional swelling, or pulls at your incision, don't do it.
- Make sure that you take in plenty of water and nutrients to assist your body with healing.
- It is common to experience a temporary period of melancholy or depression following surgery and anesthesia. Questioning your decision to have the procedure, feeling agitated about early limitations or wound healing, feeling tired, loss of appetite, and difficulty sleeping are not uncommon.
- It will take 6-12 months for your body to completely recover from your procedure.
- Healing is a gradual process that is outside of anyone's control. By following your recovery care instructions, you will expedite the process.