

Preparing for Surgery...Frequently Asked Questions

Do I need to have someone stay with me after surgery?

Yes. You will need someone to spend the night with you after surgery. Anesthesia relaxes you and it is easy to get faint and fall with simple activities. It is not safe to stay alone after surgery. Furthermore, it is very optimal to recover at home, but in the event of any rare complication, you would need someone to help you reach emergency medical care in the first 24 hours.

What if I do not have someone to stay with me after surgery?

If you do not have someone to stay with you, or if you prefer not to spend the early portion of your recovery at home, then there is an excellent option with an excellent nurse who has a recovery center for our patients. The cost is very reasonable and the care is excellent. It requires advanced booking.

What types of supplies should I have on hand before surgery?

It is good to have gel ice packs, ibuprofen, milk of magnesia, Vaseline, saline eye drops, and cotton tip applicators.

What types of food should I have on hand after surgery?

Anything you like. It is good to stay hydrated and as your activity will be low, yummy but very healthy foods in small quantities are what you should treat yourself to. Let your appetite be your guide. If you are typically the one to prepare food for your family, plan ahead and get stuff in the freezer!

How many days will I need to take off work?

I tell all patients to take a week off from work and plan to do a bit of part time the following week if you need to. You will find after surgery that you will tire more easily and have greater difficulty concentrating during the main healing phase which lasts easily 6 weeks for many surgeries.

How long before I can take care of my children?

Basically this is the same question as when can I go back to work!!! I tell all patients to take a week off from work and plan to do a bit of part time the following week if you need to. You will find after surgery that you will tire more

When is it best to fill my prescriptions for surgery?

It is best to fill your prescriptions before the day of your surgery. This gives you one less thing to do after surgery, and prevents any problems with the pharmacy from keeping you from having what you need when you need it.

How long should I plan before returning to exercise?

I like to let patients be the own judge of their activity level after surgery. Please know this is NOT what the vast majority of plastic surgeons would say. Pain and fatigue are nature's way of making sure you are aware of the need to rest parts of the body which are recovering from injury. LISTEN TO YOUR BODY....it is the expert. Most things take 2-4 weeks to be in "fighting shape" again.

What should I do if I live out of town?

Out of town patients actually can have very good communication with us as long as you are willing to text/call/email with photos. I think it is most wise to spend the first night after surgery in town. I think it is also important to be able to return to town within the first month as needed.

How do I cover up facial bruising after surgery?

Eye glasses and the excellent cover up we sell at the office! Bruises take time however, so if you really want to keep your surgery secret, you might have to have an alternate story or avoid the people you are hiding from for even up to 3 weeks.

How do I talk to my family about surgery?

This is a great question. I typically find that patients need privacy before surgery and are in a much better position to share their story afterwards. Family is ironically very bad at separating their interests from yours. For that reason, they often will give you their feelings (which have nothing to do with your perspective) about surgery, rather than the support you might be looking for. It's not that they don't love you, they just don't see you as separate from themselves as they could. I find that only the plastic surgery patient can really understand the issues involved with their decision to proceed with surgery. It can be lonely, but we are here to help!!

Do I get a cash discount for surgery?

Yes. The financing can be a great deal ONLY if you understand the terms and do not make late payments. My office is expert in these issues and are very happy to help you research this option.

Will my health insurance cover medical problems after surgery?

I have never personally had a patient rejected by their insurance company for any medical treatment after surgery. Having said that, it is very uncommon for a patient to need additional medical care related to surgery. I have heard of many patients from other parts of the country who get claims rejected due to the fact they were proximally related to a cosmetic procedure. In the few instances of patients seeking medical care for various reasons maybe or maybe not due to recent surgery, I do not know of a case that was rejected, but this is a very important issue to become aware of and understand prior to making your decision to proceed with surgery. If you are uninsured, I do not recommend proceeding with elective cosmetic surgery until you have general medical coverage.

Will insurance cover my surgery?

Insurance agencies reserve the right to deny any claim (even if they tell you on the phone it is covered) if they decide (after the fact) that it was not for medically necessary reasons. We perform breast reduction surgery in some cases with successful insurance coverage. We can also typically get skin cancer cases to be covered. Otherwise, in my practice, we do not have enough consistent success with insurance coverage and will not accept insurance as a primary payment option.

Should I be at my ideal body weight before surgery?

Sort of. Weight control is one of the hardest things for many of us to manage. Women are designed to keep any gained weight...forever. The fact is, with fewer calories and a bit more exercise ANYONE can lose weight. ONLY YOU can control your weight and you deserve to feel fit, be fit, and enjoy wearing clothes and feeling good in them. If you are taking care of yourself enough to consider a cosmetic surgery, I would only want for you to take care of this important health issue as well. Being at your near your ideal weight is important for all types of surgery – breast, body, and face!!!! The fact is, if you are very happy and stable in your weight and are within 10 pounds of your ideal weight you are a very good candidate for most surgery. I advise you to use a Body Mass Index (BMI) calculator (easy to find on internet <http://nhlbisupport.com/bmi/bminojs.htm>). If you are overweight you need to have a discussion with me

tubs and please consider staying in an area which has decent medical care in the event you need assistance for up to 30 days after your surgery.

Is it better to schedule multiple procedures at the same time?

It depends. For body surgery, I do not like to combine surgery that will last more than four hours so your recovery will not become too difficult. For face surgery, where the recovery is not such a limiting safety factor, I love to combine procedures to help you get a more natural outcome.

What if I get sick prior to surgery?

RESCHEDULE. Everyone gets sick. I know it is inconvenient, FOR EVERYONE!!!, but you absolutely will have a worse time after surgery with complications and poor healing if you are also fighting an illness when you have surgery. Your immune system can only do so much at one time, so suck it up and be honest with yourself, and let us help you RESCHEDULE!!!