



## Frequently Asked Questions

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

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

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

It is beneficial to have ice packs, ibuprofen, tylenol, milk of magnesia, vaseline, saline eye drops, and cotton tip applicators. The list varies depending on the surgery you are having.

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

Anything you like! As your activity will be low, yummy but healthy foods in small quantities are what you should treat yourself to. Let your appetite be your guide. You may not be as hungry as usual, so focus on hydration and healthy snacks that are easy to prepare. If you are typically the one to prepare food for your family, plan ahead and get stuff in the freezer!

### **How long before I can take care of my children?**

I tell all patients to take a week off from work. Arrange for alternative childcare the first week. Plan on being part time the following week if you need to. You will find that after surgery, you will tire more easily and have greater difficulty concentrating during the main healing phase, which can last up to 6 weeks for many surgeries.

**What if I get sick prior to surgery?** RESCHEDULE. Everyone gets sick. I know it is inconvenient FOR EVERYONE, but you will have a difficult time after surgery with complications and poor healing if you are also fighting an illness when you have surgery.

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

It depends. For body surgery, the recovery process must be taken into consideration when combining more than one procedure. For facial surgery, where the recovery is not such a limiting safety factor, I love to combine procedures to help you get a more natural outcome.

### **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.



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### **What should I do if I live out of town?**

We have many out of state patients! You are able to maintain 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 week after surgery in town. It is also important to be able to return to town within the first month as needed.

### **Is it OK to travel after surgery?**

Yes, after the first 3 days. If you live locally, I advise you to stay at least one week. If you go out of town for a vacation, remember NO hot 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.

### **How do I cover up facial bruising after surgery?**

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

### **Are there any financing options for surgery?**

We provide financing through Care Credit. We offer 6 months no interest or 24/36 months at 14.99% interest. The financing is 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.

### **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 give you their feelings (which have nothing to do with your perspective) about surgery rather than the support you might be looking for. 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!

### **Will my health insurance cover medical problems after surgery?**

Please know that it is very uncommon for a patient to need additional medical care related to surgery nor have I ever had a patient rejected by their insurance company for any medical treatment after surgery. I have heard of patients from other parts of the country who get claims rejected due to the fact they were proximally related to a cosmetic procedure. 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.



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### **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 a limited amount of breast reduction surgery with successful insurance coverage. Otherwise, in my practice, we do not accept insurance as a primary payment option.

### **Should I be at my ideal body weight before surgery?**

I would prefer that you are within 10 pounds of your ideal weight before surgery. Nothing will ruin your result like gaining weight after surgery. Weight control is one of the hardest things for many of us to manage. Women are designed to keep any gained weight... forever. Being near your ideal weight is important for all types of surgery - breast, body, and face! If you are content and stable in your weight or you are within 10 pounds of your ideal weight, you are a good surgical candidate. If you have a BMI over 30 I do not advise surgery until you have met some initial weight loss goals.