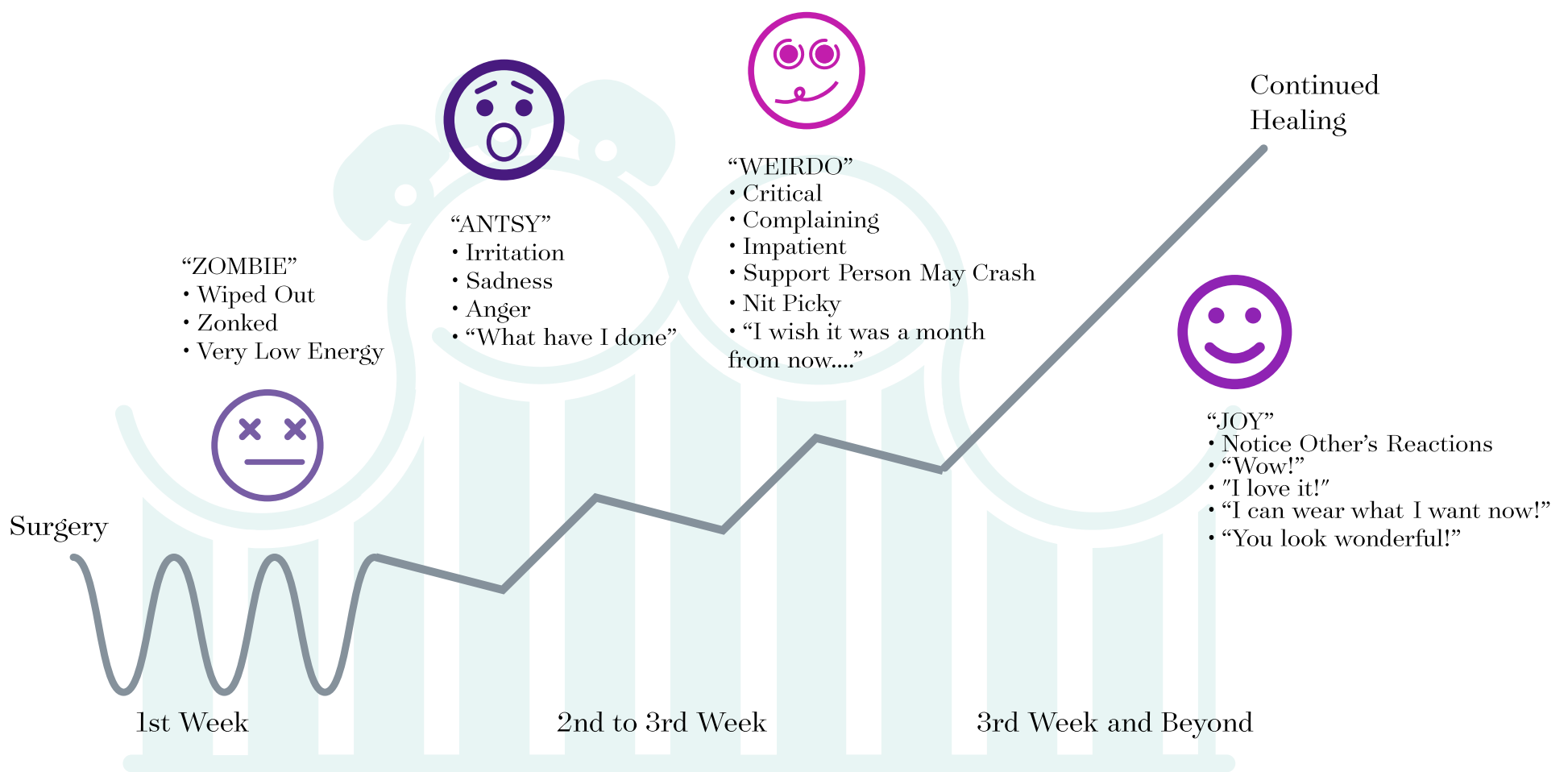


EMOTIONAL ROLLER COASTER AFTER SURGERY



One of the things I ask people in a pre-op visit is “Who will take care of you?” Then I say “You want to have somebody who is really going to take care of you, who won’t question your reasons for choosing surgery.” Make sure that you have someone who is really supportive, caring, and warm because you will need that. The emotional stages you will experience are going to affect your care taker too. At the end of the first week your support person may be tired and need to go back to work.

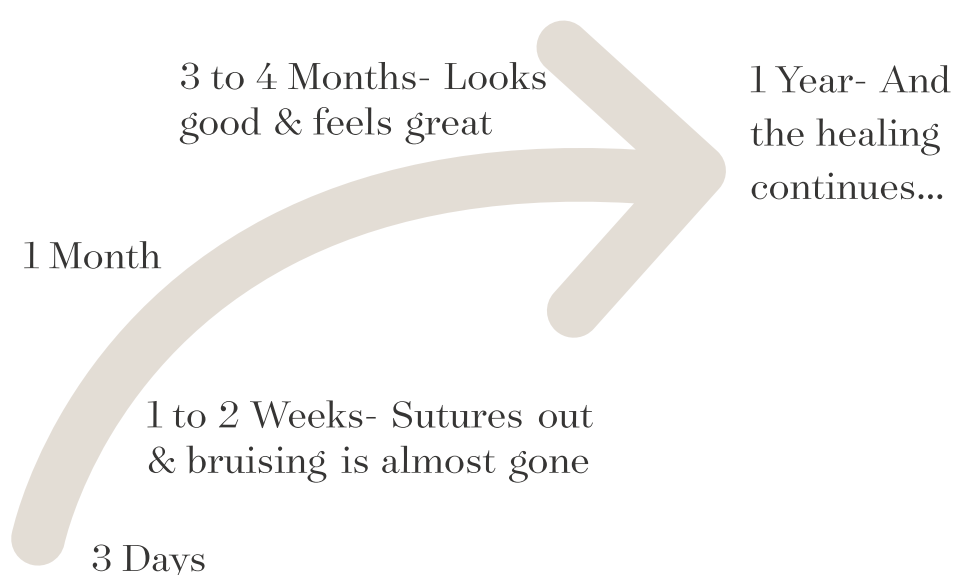
Surgery affects each person differently. These curves are just a basic outline. It’s very common to be depressed on the third or fourth day. Some patients may feel fine for the first couple of weeks, but then have a crying jag on the way back to work. Somewhere in the first couple of weeks, a patient usually starts to feel really good and realize that they look magnificent!

Most patients experience both positive and negative feedback. Some end up irritated because people are now paying them more attention. They wonder “why didn’t they like me the way I was before?” Eventually, they begin to feel comfortable in their new look and even enjoy the extra attention that they might be receiving.

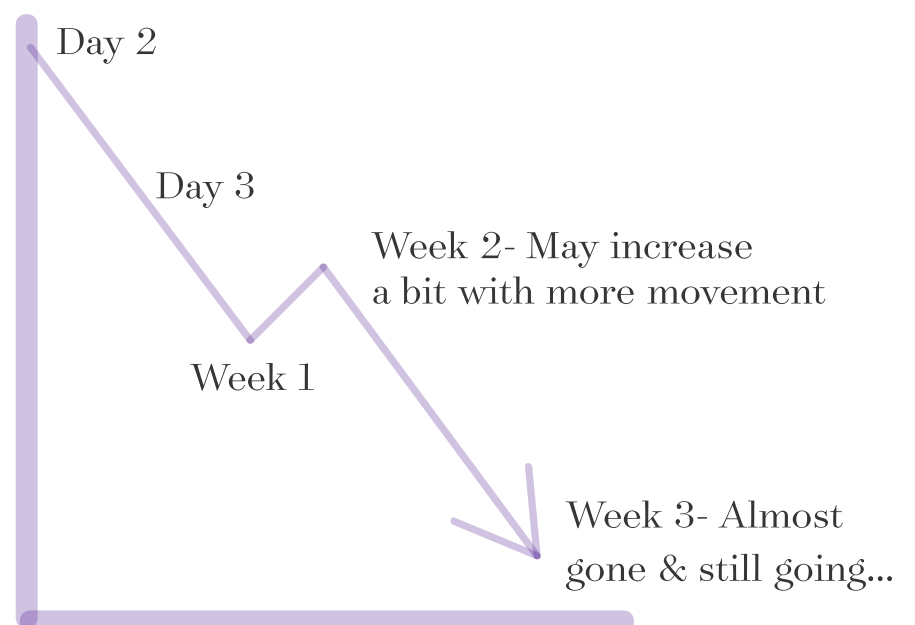
Anyone who has had cosmetic surgery has shown they are a person of courage. They have given up the excuse- “I’d be too afraid to do that.”

PHYSICAL REACTIONS & HEALING AFTER SURGERY

NATURAL HEALING CURVE



SWELLING CHART



When patients come to see me for their pre-op visit I tell them, “Don’t plan on doing anything taxing for a week. You may become tired and want to close your eyes sooner than you normally do. Things like watching TV may even be a strain.” I also tell them, “You can count on some bruising and swelling. If you’ve had facial surgery, you may experience some facial pain. You can count on some discomfort for the first couple of days but if you don’t have that, what a nice surprise!”

The healing process can be different for everyone. Some patients “snap right back” to feeling “normal” while others take more time. It can take six months or more before you really start to see your final result. It’s important to remember that no question is a “dumb” question. We are here for you and more than happy to talk through your concerns as you heal.