

COSMETIC SURGERY PLANNER

TIPS TO MANAGE A HEALTHY RECOVERY

The enclosed information is a tool to assist you in preparing for your cosmetic surgery. Everyone is different, so keep your individual circumstances in mind as you plan for your procedure and recovery.



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THE DREAM TEAM



“My partner has been personally selected based on her outstanding credentials, fantastic personality, artistic eye and surgical skills.”

-Dr. Robert Shenker

ABOUT US

Thank you for choosing the Cosmetic Surgery Clinic. Our entire staff is committed to making your experience as comfortable and convenient as possible! Our plastic surgeons are all trained in Canada, to the highest standards in the profession. Each doctor is licensed with The College of Physicians and Surgeons of Ontario and is a fellow of the Royal College of Physicians and Surgeons Canada.



Dr. Robert Shenker

- Member of the American Society of Plastic Surgeons
- Licensed with the American Society of Plastic Surgeons, Canadian Society of Plastic Surgeons, Canadian Society for Aesthetic Plastic Surgery
- Operates exclusively at accredited medical facilities
- Only hires highly professional staff with top-level certification



Dr. Stephanie Ma

Dr. Ma first received a bachelor's degree in physical therapy followed by her medical degree at McGill University. She then completed a comprehensive and rigorous 5-year plastic and reconstructive surgery residency at McMaster University in Hamilton. Following her residency, Dr. Ma further honed her surgical expertise with international fellowships in both Brazil and Spain focusing on complex reconstructive procedures and microsurgery techniques.



Dr. Paul Nicholas

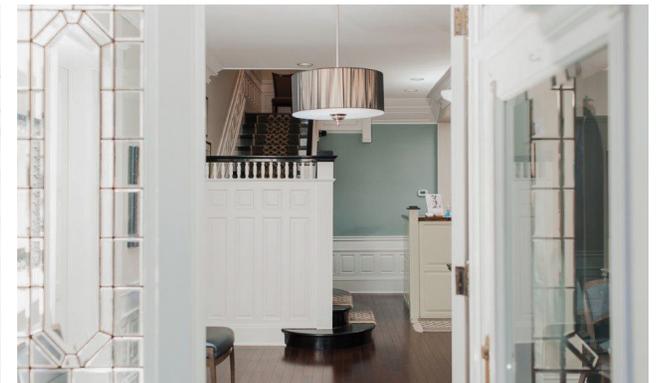
Dr. Nicholas is a Royal College certified Anesthesiologist. He has been the Chief Anesthesiologist at the Cosmetic Surgery Clinic since its inception. Dr. Nicholas has over 30 years of clinical experience in anesthesiology and is the former Chief of Anesthesia at the Cambridge Memorial Hospital. Dr. Nicholas always ensures that all of his patients are safe, relaxed and comfortable.

PROTECTING YOUR INVESTMENT

Even though your operation may be considered ‘cosmetic’, it’s still real surgery and you need to allow yourself to heal.

The question of recovery time after surgery is an important one to consider. Your time is a precious resource; since work and family demands don’t let up, many patients try to cut down their time to recover.

However, it’s important to respect your recovery and remember that trying to get back to your activities of daily life before you’re ready can prolong the recovery process, or worse, undo your beautiful surgical result. Those who give their body the time it needs to heal will experience the best possible results.



	Activities of daily life				
	Return to Work (desk work)	Return to Work (physically challenging)	Light physical activities: i.e. Gentle walk	Moderate physical activities i.e. walk around the block with your dog or stroller	Vigorous physical activities i.e. weight lifting any type of exercising that could be classified as strenuous
Breast Augmentation / Composite Breast Augmentation	2-5 days	4-6 weeks	3-5 days	2 weeks	6 weeks
Mastopexy	5 days	4-6 weeks	1 week	2 weeks	6 weeks
Gynecomastia	2-5 days	4-6 weeks	2-5 days	1-2 weeks	6 weeks
Blepharoplasty	2-5 days	4 weeks	1 week	2 weeks	6 weeks
Brow lift	5-7 days	4-6 days	1 week	2 weeks	6 weeks
Facelift	5-7 days	4-6 weeks	1 week	2 weeks	6 weeks
Liposuction	2-5 days	4-6 weeks	1 week	2 weeks	6 weeks
Abdominoplasty	7-10 days	4-6 weeks	1 week	2 weeks	6 weeks
Thigh lift	5-7 days	4-6 weeks	1 week	2 weeks	6 weeks
Brachioplasty	5-7 days	4-6 weeks	1 week	2 weeks	6 weeks
Labiaplasty	1 week	4-6 weeks	1 week	2 weeks	6 weeks
Bodytite	2-5 days	4-6 weeks	1 week	2 weeks	6 weeks
Facetite	2-5 days	Patient preference	1 week	2 weeks	6 weeks
Fat Grafting	2-5 days	4-6 weeks	1 week	2 weeks	6 weeks
Otoplasty	1 week	Patient preference	1 week	2 weeks	6 weeks
Bilateral Breast Reduction	7-10 days	4-6 weeks	1 week	2 weeks	6 weeks

RECOMMENDED RECOVERY TIME FOR GENERAL PROCEDURES

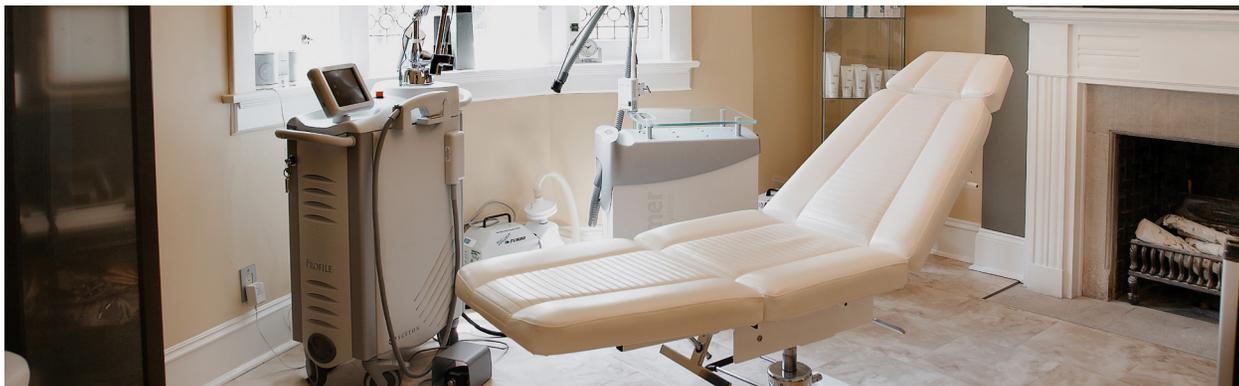
These recovery times, grouped by procedure, are intended to represent the average recovery time needed. Everyone is different, so listen to your body: if you feel you need more time before resuming strenuous activity, you probably do.

Note: If you've had arm, tummy or breast surgery, do not lift anything heavier than 5 pounds for the first 10 days.

START RECRUITING **YOUR TEAM**

Once you have your surgery date, you can begin to make plans with those who will be assisting you through your journey. The amount of help you will need all depends on your situation. If you have children and pets, you may need someone to be with you at all times of the day. This is a time to focus on yourself.

At the bare minimum, someone must stay with you throughout the first 24 hours. Choose someone who is supportive and caring because you'll really need someone to lean on during your recovery. If you can't find someone, we will provide you with contacts that offer a range of services including accommodations, transportation and extended nursing care.



PETS

Your pets may be the love of your life but they also need to be fed, watered, cleaned, and sometimes taken for walks. If you have pets, make sure you arrange accommodations for them when you are preparing for your recovery.

Figure out who will walk your dog while you're at home recovering. If your dog is a jumper, be extra careful to make sure it doesn't jump on you during those first few days.

PREGNANCY AND PLASTIC SURGERY **DON'T MIX**

For obvious reasons, surgeries that are not medically necessary cannot be performed during pregnancy – even early on. So if you are sexually active, make sure you're using effective birth control. If there is any chance you may be pregnant, please take a pregnancy test before your surgery date to confirm. A urine test will be completed upon arrival the day of surgery.

QUIT IT

It's no secret that smoking is bad for you, however most people don't realize how it can hinder your recovery from surgery. Smoking before and after your surgery is proven to increase your chances of infection and prolong the healing process. Some surgeries cannot be done safely if you have smoked within the past 6 weeks.

Type of Surgery	Can it be done if you've smoked in the past 6 weeks?
Breast augmentation	Yes
Breast lift	No
Breast reduction	No
Gynecomastia	No
Upper and lower Blepharoplasty	No
Facelift	No
Liposuction	Yes
Tummy tuck	No
Otoplasty	Yes
Thigh lift	No
Arm lift	No
Labiaplasty	Yes
Brow lift	No
Blepharoplasty	No
Facelift	No

*On the day of your surgery you will be tested for nicotine. If any is detected, your procedure may have to be cancelled.

NUTRITION

A healthy diet is essential for a healthy recovery.

It is important to be close to your ideal body weight before your surgery. However, that does not mean you should go on a drastic diet before surgery. Extreme weight loss between the time of your last consultation and surgery day will mean you may require a reassessment by our team. Your body will also require all the essential vitamins, minerals and fats to recover properly. If you would like assistance with your peri-operative nutrition, let us know!



SPRING CLEANING

Make sure your home is clean and set up so that once you return it's comfortable for you.

Here are some tips for preparing your home.

- 1.** Move your table next to your bed and arrange your room so that it's easy to get in and out. You don't want to have to go through a maze just to get to your bed from the washroom.
- 2.** Organize and clean your fridge so that everything you want is easily accessible. Place all the items you use regularly on the top shelf or whatever is the most accessible for you. If you drink milk or juice, buy smaller container sizes that are easier for you to carry. The same goes for anything you drink on a regular basis.
- 3.** Organize your bathroom the same way you did your bedroom so that everything is near you. Place your toothbrush, deodorant, toothpaste etc. all on the countertop so that they are easily accessible. Don't forget about tampons or toilet paper either, as you may need them after your surgery.

SPRING CLEANING

4. Make sure your prescription medications are somewhere accessible. Keep them with a bottle of water at your bedside along with all your surgical vitamins and probiotics. Safety tip: Keep all your medications away from your kids and pets.

5. Lighten that heavy purse and keep only what you really need. When you start recovering you'll want to do too much, too soon and lugging around a heavy purse will just tire you out more.

6. Have fresh bed sheets and pillowcases ready for when you come home. They shouldn't be your finest linen because there is a chance they might get ruined. You can never have enough pillows around, so load up on what you think you'll need. You may need pillows under your linens or along your arms for support.

PRESCRIPTIONS

Your prescription will be faxed by The Cosmetic Surgery Clinic to our pharmacy. Once the pharmacy has contacted you to settle the payment (benefits or private coverage), your medications will be sent to our clinic to have on hand for the day of your surgery.



MUST-HAVES AND NICE-TO-HAVES

MUST-HAVES:

- Vaseline
- Gauze

A good night's sleep is incredibly important to our overall health. While there are a variety of factors that contribute to a great sleep, the pillow is the one key component. The enVy® pillow – as seen on Dragon's Den - is designed to prevent wrinkles and sleep lines while providing therapeutic neck, head and shoulder support.

Interested in an enVy® pillow? Please talk to one of our staff members for more information.

NICE-TO-HAVES:

- Lymphatic Massage - Recovery from some operations is enhanced by post-op lymphatic drainage and massage. We are able to refer you to a specialist in the area if needed
- Slippers
- Extra clean clothing and bed sheets
- Plastic shower chair or stool- whatever you find more comfortable, especially important if you've had an abdominoplasty
- Recovery entertainment - having a stockpile of magazines, books and movies will help you pass the time

TAKING CARE OF YOUR MEDICATIONS

Your prescriptions will be faxed by TCSC to our pharmacy. Diabetics and/or Asthmatics: If you have diabetes make sure you bring your glucometer, lancets, insulin and test strips the day of the surgery. If you use an inhaler for asthma, bring that with you as well.

If you have sleep apnea and use a CPAP machine at home please bring it with you the day of your surgery.

**Patients sometimes get worried about addiction to their pain medication. There is no evidence that short-term pain relief creates a dependency. This medication is to be used only when you are in pain, as directed. You should be off your pain medication 3-5 days after surgery.*

YOUR CHECKLIST FOR THE DAY OF SURGERY

Please keep our team up to date with any changes to your health and physical history.

- All outstanding fees pertaining to surgery must be paid 4 weeks prior to surgery- a deposit of 25% must be paid in order to book a surgery date.
- Do not eat or drink anything after midnight the night before surgery. This includes chewing gum, sucking on candy, lozenges etc. Unless otherwise directed.
- You will be asked to sign an electronic consent form the day of the surgery. This is the same as the paper version that you sign when you booked the surgery.
- You have not smoked in the past 6 weeks – depending on your procedure.
- You have showered and washed your body with antimicrobial soap we provided. Please do not shave the area of incision or apply any lotions or creams after your shower.
- You double checked your arrival time.
- You've arranged a ride to The Cosmetic Surgery Clinic and home. You CANNOT drive yourself home or take a cab.

TIP: try to get a car that's easy to get in and out of (i.e. no high pickup trucks)

CONTINUED →

YOUR CHECKLIST FOR THE DAY OF SURGERY • PART 2

Please keep our team up to date with any changes to your health and physical history.

- List of medications.
- Medications to bring with you as directed.
- You're wearing loose fitting clothing; button-up or zipper tops are ideal.
- Wear comfortable tennis shoes (sorry, no stilettos ladies).
- Remove all piercings and leave all jewelry at home.
- All blood work and ECG (electrocardiogram) tests must be completed 4-6 weeks prior to surgery, if you were instructed to do any.
- Make sure you took the prescribed Arnica 2 days prior to surgery. Take 5 tablets, 3 times per day. Allow the medication to dissolve under the tongue.
- If you are sick leading up to, or on the day of your surgery please let us know.
- Bring as little as possible and leave all jewelery at home.
- Bring your health card.

NOTE: Make sure the driver can be reached by cellphone at any time. Our peri-operative nurse will then accompany you out to your car.

WHAT MEDICATIONS CAN YOU TAKE THE **DAY OF SURGERY?**

- All cardiac (heart) pills
- Thyroid pills
- All anticonvulsants (seizure pills)
- Steroids (cortisone, prednisone)
- All bronchodilators, i.e. puffers, Ventolin, Flovent
- All blood pressure pills as per usual
- Aspirin ONLY if you have a cardiac stent or history of significant coronary artery disease- check with our team if you are unsure.
- Anti-inflammatory drugs

The Cosmetic Surgery Clinic Team will tell you when to resume these medications.

- Anticoagulants (blood thinners)
 - Coumadin or Warfarin: **stop 5 days before surgery**
 - Plavix **stop 7 days before surgery**
 - Ticlid: **stop 14 days before surgery**
 - Low Molecular Weight Heparin (*tinzaparin, enoxaparin, dalteparin*) **stop 24 hours before surgery**
 - Dabigatran (Pradaxa) **stop 5 days before surgery**
- MAOI Medication
 - Parnate **stop 21 days before surgery**
 - Nardil **stop 21 days before surgery**
 - Manerix **stop 3 days before surgery**
- Herbal products and vitamins
 - **Garlic, vitamin E, glucosamine, fish oils are to be stopped one week prior to your procedure**

RECOMMENDATIONS FOR THE DAY(S) FOLLOWING **SURGERY**

Remember to share these with your caregiver:

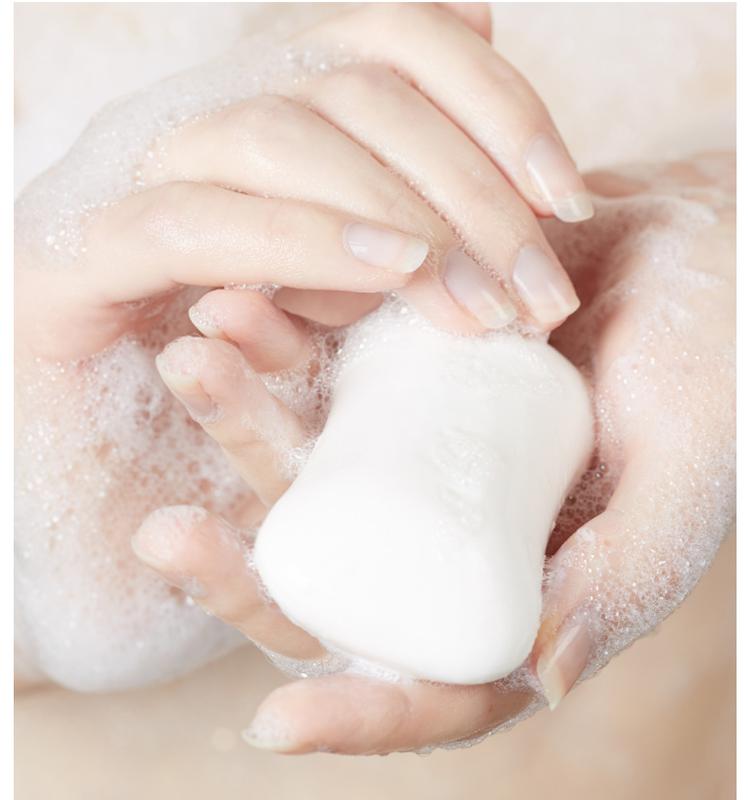
- The worst thing you can do is stay in bed all day.
Be sure to walk around every 1-2 hours.
- For getting up, follow these steps:
 - 1.** If you're lying down, sit up and wait a few moments.
 - 2.** After having sat up, if you're not dizzy stand up and give your self another few seconds.
 - 3.** If you are not dizzy at this point begin to walk to wherever it is you want to go, but remember to stop if you begin to feel dizzy. If you're dizzy you're at risk of falling. Hitting your head on those hard bathroom tiles is the last thing your recovery needs.
- You can drink whatever you like after the surgery but alcohol should be avoided for the first 48 hours, especially while you are taking narcotic pain medications.
- Eat something light.
- Try your best to be smoke-free for 4-6 weeks after your surgery, as smoking can hinder scar recovery and blood flow for healing
- Refrain from using hot tubs or swimming for 6 weeks after surgery, or until all surgical sites are healed with no scabs or open areas.

SHOWERING AFTER **SURGERY**

You may shower the day after your surgery if you feel up to it.

You *must* shower 48 hours after your surgery. When you're in the shower, don't lock the door and always tell someone that you're in there. Keep a plastic chair or stool in your shower if you need to sit down at all. Open a window for proper ventilation to avoid getting light-headed.

Take off your compression garment (if applicable) before you shower but put it back on once you're all dried off. Try to use unscented soap and don't apply any creams or lotions to the incision site afterwards, unless instructed by your surgeon/nurse. Your scar recovery is included with your package. You will receive this at your 2-week follow-up.



SEX AFTER **SURGERY**

There are no stringent guidelines here, but many surgeons will say you have to manage your three E's after surgery: **emotions, exercise, and eroticism.**

That last one can be tricky, because everyone is different. It would be unfortunate to sacrifice a long-term gain for some momentary pleasure, so if you aren't feeling up to it, just WAIT! When you can "resume" depends on the surgery you've had, how much discomfort you're in and really when you feel ready.



EMOTIONS AFTER **SURGERY**

Surgery affects everyone's emotions differently. It's not uncommon to be excited and then uncomfortable for the first few days. Patience will be your best friend. You won't see optimal results in the first few days after your surgery. You need to wait it out and remember that the final outcome often takes about 3-6 months to be seen.

Around the 3 to 5 day mark after your procedure, you may feel emotionally low or down, perhaps questioning whether it was all worth it. This is completely normal! Accept the feelings as they come, then try to move past them by distracting yourself with a movie, a gentle walk or a conversation with a friend.

Occasionally, patients return several months after surgery saying they want to change something. Revision procedures are not generally conducted until at least 12 months after the initial surgery. Again, the best policy is patience.



SWELLING AFTER **SURGERY**

It is normal to feel somewhat “puffed up” for a few days after your procedure.

Expect some normal post-op swelling, especially if you’ve had a tummy tuck, facelift or breast surgery.

Swelling is a phenomenon that is a normal part of healing. Swelling can be controlled by massage and arnica.

Patience is important with swelling.

During any procedure, the flow through the lymphatic system is disrupted which can slow the healing process.

Lymphatic massage is a highly specialized massage that is used to encourage the natural drainage of the lymph nodes.

Lymphatic massage is recommended for any type of procedure other than breast augmentation, labiaplasty, and a face or eyelid lift.

Upon request, we are happy to recommend a trained lymphatic masseuse.

SCARS AFTER **SURGERY**

Anyone who has considered plastic surgery has taken into consideration the benefits and the risks that come along with it. Scars are an inevitable part of the process. Our surgeons will do their best to make sure your scar is as minimal as possible once healed. Avoid sun exposure at the site to avoid pigmentation.

The best healer for your scar is.....time!

If you've read Dr. Shenker's Master's thesis (and we're guessing you haven't) you'd know that it takes 18 months until a scar reaches maturity. The first 3 months are when you'll notice the biggest change. Then, your scar will

continue healing until 18 months after the surgery. Start massaging the scar with the scar gel we provide 2 weeks after your surgery. Scars love to be massaged and the more you do it the better it will look. If you happen to run out of scar gel we have more available for purchase in our clinic.



CONGRATULATIONS ON YOUR **SURGICAL DECISION!**

We hope this planner will help you with entering into and recovering from the surgery you've chosen. We encourage you to share this information with anyone considering surgery who may find it helpful and we look forward to seeing you each year for your annual post-surgical check-in.

Please remember that we're always here for you.

Send us an email at info@thecosmeticsurgeryclinic.ca

if you would like to share your experience or have any questions.

