

## PERSPECTIVES ON COSMETIC SURGERY

Although plastic surgery has “come out of the closet,” you may or may not feel comfortable discussing your procedure with family or friends. This is certainly a private decision, however, consider that for at least one to two weeks you may have telltale swelling, bruising, and decreased activity. Family and friends may notice, and because they do not understand what constitutes a normal postoperative course, their comments may unintentionally create stress for you. We will tell you honestly how you are doing and what we expect your results to be. Please trust in our knowledge and experience when we explain your progress and expected course.

If you feel comfortable discussing your surgical experience with your friends and family, do it openly. This lets people know that they may talk freely with you. Often when patients are open, they find that their friends and acquaintances are very interested in discussing the subject of cosmetic surgery. You will find that other people have strong opinions about what you should or should not do. Remember, this is **your** decision based on **your** wants and needs, don't be upset by other's opinions.

It is not uncommon for patients undergoing cosmetic surgery to have a brief period of “let down” or depression after their surgery. This may be due to a subconscious expectation to feel and look better instantly. It is common to regret your decision to have cosmetic surgery during the first few days post operation. However, as healing occurs, bruising and swelling decreases, and normal sensation returns, your emotional state will significantly brighten. If you feel depressed, understand that this is a natural phase of the healing process. Please contact our office and we will help you to cope with this emotional time.

People have the capacity to heal themselves. This ability is variable and depends on factors such as your genetic background, your overall state of health, nutrition and lifestyle (exercise, diet, smoking, drinking of alcoholic beverages, etc.). Many people believe that the surgeon “heals the patient.” No one person can heal another person. Dr. Sasmor and Dr. Kutka can facilitate, but not accelerate your healing process. Your cooperation and close attention to instructions is important for your overall healing and the achievement of your optimal surgical results.

Please remember that, in general, swelling and bruising are worse one to three days post surgery, and begin resolving by the end of the first week post surgery. By the end of two to three weeks, bruising and swelling are almost completely gone. Subtle decreases in edema continue for the next one to two months. At that point, your results look good although you may feel tight and there may be some pulling sensation with motion or activity. This tightness will continue to soften, stretch, and loosen over the next several months. The Doctor's along with their nurse's are always available to answer questions and help you work through this healing process.