

LETHBRIDGE
PLASTIC SURGERY
& AESTHETICS

SURGERY GUIDE

*Tips for a Smooth
Surgery + Recovery*





Dr. Secretan is a Reconstructive & Cosmetic Plastic Surgeon located in Lethbridge, Alberta.

Combining his surgical expertise and the latest cosmetic & reconstructive techniques, Dr. Secretan and his team are committed to helping you obtain the cosmetic surgery goals and results you desire.

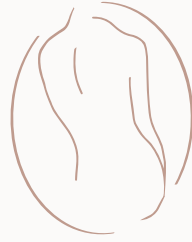


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YOUR ULTIMATE GUIDE TO SURGERY WITH LPSA

If you're like most patients who schedule a cosmetic procedure, you have a lot of questions. Fortunately, we have answers!

It's important that you approach your surgery and recovery knowing that we're here for you and want the best possible results.

Maybe you've talked to friends and/or family members who have had a procedure and you've been doing some research online. We know that the thought of surgery is very overwhelming, so we're sharing some advice and tips to help you prepare.

As the patient, we're here to support you, and make sure to provide all the information that you and your family/caregivers need. We created this guide because we want you to be prepared for both your surgery and your recovery.

This is the ultimate surgical companion, and it's filled with revealing and practical tips along with some helpful information to help you overcome some of the surgical hurdles you'll face — while also getting you looking and feeling your very best.

Throughout this guide, we provide suggestions that we have learned throughout the years, by listening to our patients, but also by having the procedures done ourselves.

A word of caution, we will address sensitive content that some may find frightening, but we guarantee it's better that you know more rather than less so that you can analyze the risk and make a better-informed decision about your surgery or procedure.

We want a great outcome as much as you do, so listening to and following the advice of Dr. Secretan and our team is key. Most importantly, from start to finish, don't hesitate to ask questions — we're here to help!

AVOIDING SURGERY & RECOVERY MISTAKES

Finding the time to recover is the biggest barrier when it comes to planning for your surgery.

Our patients often mention that they never have enough time or that it's difficult to take time away from their work, family life, or other activities. This can lead to major mistakes when it comes to recovery.

Mistake 1

We understand that everyone is busy, but when it comes to recovery time it's important not to cut corners.

One of the biggest mistakes that leads to a longer recovery is trying to do too much before you are fully recovered and healed. This can end up being a costly mistake, not only because you're forced to take more time away from work, but also because it will take time away from your family and activities and could lead to negative surgical outcomes.

The solution? Don't feel guilty about taking the appropriate amount of time you need to fully recover.

Mistake 2

Another costly mistake is trying to hide what procedure you have had done from your caretaker or family members.

The solution? Find a trusted caretaker who understands your needs and can communicate with you throughout the process.

How much help will I need?

EVERY patient's situation is different. But no matter what your situation is, you will, at the very least, need someone to drive you to and from surgery and stay with you for the first 48 hours after surgery.

You will also need someone to drive you to your post-op appointment. For patients having tummy tucks or "mommy makeovers" it is recommended to have someone close by or available to help the first week after surgery.

RECOMMENDED TIME OFF

These recovery times are based on the time previous patients have taken off from work to recover. If your job is physically strenuous, you may need more time.

Breast Augmentation with or without Mastopexy (lift): 2 weeks. Do not lift more than 10 pounds for 2 weeks. No weight lifting with your upper extremities for 6 weeks.

Breast Reduction: 2 weeks. Do not lift more than 10 pounds for 2 weeks. No weight lifting with your upper extremities for 6 weeks.

Tummy Tuck: 3–6 weeks. Light walking after 4 weeks. No strenuous exercise for 6 weeks.

Liposuction: 1–2 weeks.

Breast Implant Removal: 7 days.

It's always better to schedule MORE recovery time than you think you'll need. By giving yourself extra time, it makes getting back to your regular routine early a bonus! It also relieves a lot of the stress and worry that you will be healed in the time you have scheduled off.

We recommend that you take a little extra time off to recover, just to plan for the unexpected. Of course, we don't want or expect any complications, but nothing is a guarantee.





EXPECTATION VS. REALITY

Another common mistake that we see often is when patients compare their results to other people, whether it's stories they read online, and especially friends. You need to understand that results vary significantly from patient to patient. You and your best friend may be the same height, same weight, and have the same build, but that doesn't mean her breast implants are right for you.

Some changes are not possible. Remember — having surgery is not going to miraculously change your life or any situation taking place in your life.

Don't ever have plastic surgery to please a spouse or boyfriend/girlfriend because in the end you are the one that must live with that choice.

Let's Be Realistic

We all have a tendency to want to see results happen overnight. But trust us, surgery results take time!

Keep your expectations realistic. Always remember what you started with and that a surgeon's scalpel is not a magic wand.

Healing occurs at different rates for each individual patient.

Having unrealistic expectations will undoubtedly lead to disappointment. You need to allow yourself to heal and remember that you often look worse before you look better.

- What would I like to change?
- Why would I like to make these changes?
- What will be different in my life with these changes?
- Am I choosing this for me?

A Final Thought

We love reality TV, and social media, but that “reality” isn't actually real life. Do the people in those shows always look that perfect in the morning? When do they have time to workout between work, kids, or keeping up with the house and homework? It's important not to base your surgery goals around what you see on TV or on social media.

GETTING IN THE RIGHT HEADSPACE

You're getting ready for plastic surgery! No matter how you do it, try to have a clear mindset. It's normal to be excited and nervous at the same time. Deciding to have plastic surgery is a big decision and you have big changes coming your way. Having a positive attitude and being mentally prepared will go a long way before and after your surgery while you recover.

A common thing we hear from our patients is that they are having anxiety about their upcoming surgery. It's normal for you to feel more anxious and have more questions as your surgery day approaches. It's the fear of the unknown that drives that anxiety.

We always tell our patients to ask all the questions you can think of beforehand. Remember we are here for you and want to help calm any fears or concerns you may have.

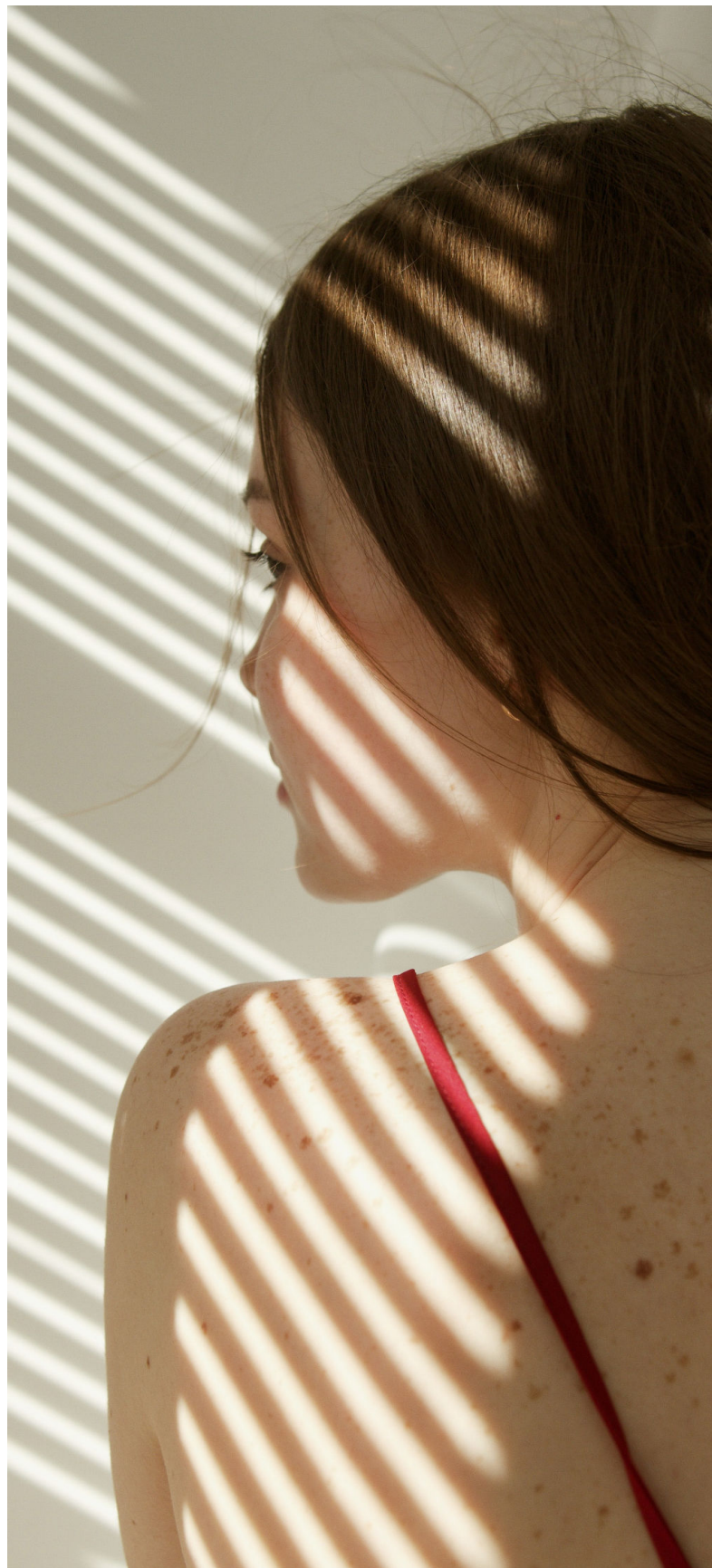
Commit to Your Decision

Once you have made the choice to have plastic surgery and you're comfortable with your physician, whether it's Dr. Secretan or another Board-Certified Plastic Surgeon, don't start second-guessing yourself.

If you have a concern, call us rather than looking things up on Google! Now is not the time to torture yourself by searching online for botched surgeries and the what-could-go-wrongs. Every doctor and every patient are different.

Plastic surgery isn't for everyone, and EVERYONE has an opinion. We live in a society that views different opinions as something negative, so it's best to prepare yourself to hear all of those opinions from friends and family. There may be people in your life who will question your reason for surgery and tell you that you look great how you are, or ask you why you would change something about yourself.

Just remember this is YOUR decision, not anyone else's.



PREPARING YOURSELF PHYSICALLY FOR SURGERY

Healthy Diet

You may think that cosmetic surgery means you don't need to worry about what you're putting in your body. However, overeating or indulging leading up to your procedure can affect recovery and surgery results.

You also won't get better results from your surgery if you go on a super strict diet. We hear this from patients who think surgery is the answer to their weight loss struggles. Surgery is not the fix-all for weight loss. A crash diet is very counterproductive and eating nothing but junk doesn't help with the healing process. Your body needs nutrients such as protein, iron, and fat to be able to recover properly. Once you decide to have surgery, start eating a healthy, balanced diet. Skip the alcohol and sugary beverages. Don't start any extreme diets or cutting calories.



Exercise Smart

Now is not the time to start a new weight loss journey. You want to maintain your level of fitness and avoid injury, so don't push your limits. Tummy patients should focus on strengthening your core muscles (back and abs). After surgery you won't be standing up straight for about 10 days, so having a strong core will help prevent back pain. Yoga and Pilates will help strengthen your core muscles.



DO NOT Get Pregnant

This may seem obvious if you're planning to have surgery but trust us on this one. If you're a female who could still get pregnant, then we ask you to take a pregnancy test right before the surgery.

If you are sexually active, be sure you are using effective birth control. And if you're considering having another child after a tummy tuck, just remember that it will undo all the work Dr. Secretan has done.

PLANNING AHEAD FOR YOUR SURGERY

Now is the time to think ahead. When helping you plan your surgery, we try to the best of our ability to educate and inform you about how intense surgery and recovery can be (which is why you're reading this guide)!

We ask that you take all this information into consideration when you are making the big decision to schedule your surgery.

Here are a few important things to think about when you are planning for surgery and at-home recovering:

Caregivers

Please keep your caregivers, friends and family members to a minimum on the day of your surgery. It is our office policy that only one caregiver is allowed in the recovery room. We also do not allow children under the age of 18 in recovery or to pick you up from surgery. Patient safety and privacy is a priority for our staff.

Surgery is a big deal! It's not only hard on the patient, it can take a toll on your caregiver as well. Please take them into consideration when you are planning your surgery. They want to be there to support you and care for you and it wouldn't be fair if they had other distractions to worry about.

Kids + Pets

We can't stress this enough: if your caregiver is picking you up after surgery and staying with you, please have a plan for your kids to be with another caregiver for a few days.

Kids and pets are high maintenance.

They constantly need and want your attention and after surgery you will need to rest and recover. Surgery + recovery is hard enough without having to deal with parenting. It can also be traumatic for a child to see a parent in pain.

Kids only want to help and the pets just want to love on you when you're not feeling well BUT, kids and pets like to jump on you or jump into your lap. They want to sleep in your bed, and they do need to eat, be let out to potty, and be taken for walks (reminder - we're not just talking about the pets here). Small dogs and toddlers are easy to trip over, especially when you are medicated, and they are trying to be helpful.

Another good rule of thumb for indoor pets: keep pet hair & dander to a minimum! Pets can also pass MRSA and if we see pet hair on your bandages or clothing, then we wonder where or what else could that be getting into? We have even found pet hair in incisions and under bandages. Remember, your incisions need to stay clean even if you or your caregiver are just looking at the incision. Make sure to always wear gloves!

First Night After Surgery

If you are an out of province patient or more than 1.5 hours away, then you will need to plan on staying the night in a hotel or with relatives who live close by after your surgery. Dr. Secretan cares about your safety, so this is strongly recommended. Dr. Secretan will schedule a follow up visit at his office the following afternoon before you return home.

MEDICATION CONSIDERATIONS

Did you know that the regular medications you take daily may not be the only thing that could cause a problem with your surgery? Herbal supplements, dietary supplements, over the counter drugs and even some anti-depressants can have an effect on your anesthesia during surgery.

Even if you've never had a problem in the past, every surgery is different. Medications and supplements can increase the risk because they:

- Prolong the effects of anesthesia
- Increase the risk of bleeding
- Raise blood pressure
- Interfere with other medications
- Cause heart problems
- Can affect pain management

Along with medications, there are other factors that could cause a potential risk during surgery. For some patients, they may feel embarrassed or simply forget to mention medications or feel something isn't important enough to mention. When it comes down to it, that one little "unimportant" thing could potentially turn into a costly mistake. Below is a list of medications that have potential risks.

Please remember this list is not all inclusive and it's important to mention any and all medications and supplements that you are currently taking to Dr. Secretan.



Stop Taking: 1 Week Before Surgery

- Aspirin, Ibuprofen or Naproxen (Advil, Motrin, Excedrin, Aleve)
- Any diet pills or herb blends designed to control appetite

- | | |
|---------------|-------------------|
| • Vitamin E | • Ginger |
| • Chromium | • Ginkgo |
| • CoQ10 | • Ginseng |
| • Echinacea | • Goldenseal |
| • Ephedra | • Kava-Kava |
| • Feverfew | • Licorice |
| • Fish Oil | • Melatonin |
| • Phentermine | • Saw Palmetto |
| • Flaxseed | • St. John's Wart |
| • Garlic | • Valerian Root |

Any type of suppressant or depressant taken post operatively with post operative pain medication can cause potential complications. Please discuss this with our staff ahead of your surgery.

- Zolof
- Wellbutrin
- Antihistamines
- Lexapro
- Celexa

Although your medication may not be listed, that does not mean you're in the clear. **If you're taking any medications, please bring it to our attention.**



SMOKING + SURGERY

We all know smoking is bad for you and most people are aware that smoking has a huge effect on your recovery after any surgery, but did you know that smoking is a much bigger issue when having plastic surgery?

This is because plastic surgery operations live on the edge of your blood supply. When performing surgery, plastic surgeons are operating at the limit of what the circulation to the skin and other tissues will allow.

In order to have adequate circulation, they not only need to leave enough blood vessels intact, they must also make sure that the blood flowing

through these blood vessels is sufficient.

Because of the mechanics of blood flow, when the blood supply is inadequate or constricted (which often occurs in patients who smoke) the tiniest veins often fail. This insufficiency results in a backup of old (venous) blood in the body part, causing it to turn purple. If the backup of old blood is serious enough, the purple color may eventually turn black. That's when we know the body part - toe, finger, or nipple - is dead.

Of all the things that can affect blood flow, the worst is cigarette smoke.

Although the nicotine in cigarette smoke is the most dangerous, carbon monoxide and hydrogen cyanide don't help. And if you don't like to be in pain, just remember smoking can interact negatively with pain medication. You may not be able to get your pain under control. For those of you that think vaping is any better, don't be fooled. Vaping liquid also contains nicotine.

A Note About Alcohol

Do not drink alcohol 72 hours prior/after surgery. Alcohol suppresses the immune system and should be avoided around the time of surgery.



CONSTIPATION AFTER SURGERY

After surgery, patients will often ask us, “Is it normal that I haven’t pooped?”

The answer is, yes! This is totally normal, and here’s why:

- **Anesthesia:** When you think of anesthesia you think of being put to sleep. Anesthesia also puts your intestines to sleep, so it takes them a bit to wake up.
- **Pain Medication:** The most common side effect of pain meds is constipation. So combine pain meds and anesthesia and you’re doubling up on your chances of experiencing constipation.
- **Changes to your Diet:** Since you can’t eat or drink anything after midnight, you may already be low on fluid going into your surgery. The combination of too little fluid and no food can work against your body’s normal elimination routine.
- **Inactivity:** Being active is a big trigger for bowel movements. When you have surgery you are forced to rest and that doesn’t help your system take consistent movements.



Labs

Patients typically ask if they need any blood work done. Dr. Secretan will order blood work for anyone over 40 years of age as well as an ECG.

Prescriptions

You will receive your prescriptions the day of surgery unless you have made other arrangements with our office.

We will give your prescriptions to your caregiver who can then have these filled for you while you are in surgery. This is much easier than stopping on your way home from surgery and waiting in line. We always suggest that your caregiver bring these medications back with them so that the recovery nurse can go over the medication schedule with them and explain all the different meds you will be taking. Your caregiver will also be responsible for writing down what they give you and at what time it was taken on our medication schedule sheet that is provided.



You Should Know

There is a difference between taking prescriptions “as directed” and “as needed”.

“As directed” medications are taken for a set period of time until they are all gone. For example, your antibiotics.

“As needed” medications are taken to treat a symptom. For example, your pain pills, nausea medication and muscle relaxers. If you don't need them, great! If you do need them, only take them as instructed.

SURGERY MUST HAVES

This is our go-to surgery preparation list.

Prescribed Pain Medication

Ice Packs

Milk of Magnesia / Stool Softener

Dry Shampoo

Flexi Straws

Pillows and Blankets

Colgate Wisps

Polysporin and Hydrogen Peroxide

For the umbilicus incision.

Razors

Select ones with built in shave bars.

Fresh Fruits, Veggies, Protein Shakes, Gatorade, Water, Jell-O, Yogurt, Power Bars, and Soups

You won't feel like cooking so consider cooking ahead of time and freezing individual portions of your favorite meals.

Books / Magazines / Movies

To keep yourself entertained and distracted from any discomfort.

Recliner

This is a life saver for tummy patients who can't lay flat. The recliner is way easier to get in and out of rather than a bed that sits high up off the floor. You can sit up in the recliner versus having a mountain of pillows behind your back. You also can lay back and kick up your legs, keeping them elevated to help with the swelling. Keep the recliner in an area that is close to a bathroom and the kitchen so that you have everything you need close by.

Extra Clothing

(Tummy Patients) You are going to be wearing a binder after surgery, so we recommend tanks or camisoles to wear under that binder. It's much more comfortable. For gynecomastia patients (male) we provide you with a compression vest, but you can also get compression shirts from Under Armour or other athletic brands to wear when the vest is in the laundry or under normal shirts.

Box of Kleenex

Post-op blues are very common. It's a combination of wanting to look and feel better right now, not in two weeks. Narcotic pain meds, social isolation and physical inactivity don't help. Don't be embarrassed to let us know if you are feeling down.

Dressings

Incisions leak. It's a part of surgery, so be prepared. It's a good idea to have some gauze and paper tape around. After having surgical tape and gauze on for a few days your skin may get red, irritated or a rash can develop so get yourself some maxi pads or panty liners. Maxi pads are great for tummy patients. They are absorbent, plus you can line your garment or binder with them using the sticky tape on the back. Panty liners are great for breast patients. You can stick them in your bra over the incision - no tape needed.

Wet Wipes, Baby Powder, or Shower to Shower

These are essential, especially for tummy and breast patients.

Arnica

Homeopathic Arnica has been used for centuries to treat bruising and swelling from soft tissue injury. Arnica, which is offered both topically and orally, is ideal for any surgery.

Disposable Dinnerware

Who wants to do dishes while recovering?

CHORES CHECKLIST: TYING UP LOOSE ENDS BEFORE SURGERY

You are going to be out of commission for a few weeks after surgery.

There is no doubt that you will need food, medication, and other items during your recovery from surgery. Run these and any other errands a day or two before surgery.

□ Grocery Shopping

Try to buy at least two weeks worth of groceries. Purchase foods and drinks that are easy on your stomach and easy to prepare.

□ Organize the Fridge

While many of us don't do this often, it's a good idea before surgery. Bending down to get that apple out the crisper might be a challenge during recovery. If you buy milk, buy 1-2 litres rather than 4, which are much easier to lift.

□ Stop by the Pharmacy

Be sure to fill your regular prescriptions and pick up any necessary recovery supplies such as gauze, bandages, polysporin, hydrogen peroxide, paper tape.

□ Mow the Lawn Arrange For Snow Removal

You won't be pushing around that lawnmower or using a snow shovel for a few weeks so get a friend or neighbor to help with home maintenance.

□ Entertainment

Find something you know you'll enjoy. Whether it's Podcasts or adding to your Amazon/Netflix Library.

□ Tie Up Loose Ends at Work

Make sure to schedule 14 days off work for breast augmentation and 3-6 weeks off work for abdominoplasty. In the days before surgery, you will need to tie up any loose ends so you can focus on your recovery. And don't plan on working in bed for a couple of days. Pain meds + work is not a good idea.

□ Clothing

Dig out your favourite pair of comfy sweats! The first few days after surgery you may ooze a little from incisions. Loose sweatpants or yoga pants are a comfortable choice after surgery. You'll also want a loose button up shirt or zip-up hoodie to be able to put on during recovery. You really won't feel like lifting your arms to pull a shirt over your head, especially breast patients. Make sure you have slip on shoes or slippers – the less bending the better.

□ Regular Household Chores

Taking care of these chores a day or two before surgery will help you to focus on healing in the coming weeks. You'll want an environment free of clutter for your recovery.

□ Laundry

Wash all clothes, sheets, and towels. Be sure to keep a few extra towels, pillowcases, and sheets easily accessible in case you need them while you heal.

□ Change the Sheets on Your Bed

Use old sheets. Your wound(s) may weep/leak onto your bedding, so it's best to sleep on some not-so-special sheets while you heal. We highly recommend sleeping on a recliner while you recover, so throw an old fitted sheet over the recliner in case of leakage.

□ Clean the House

Make sure the house is clean before undergoing surgery. You'll want an environment free of clutter for your recovery.

□ Clean Up Your Pet Area

If you have a pet, clean up the pet's area and make sure you have enough pet food for your recovery period.

□ Think About Stairs

We don't recommend that you try to climb stairs the first few days after surgery, especially while medicated because falling could be disastrous. Consider setting up a comfy place to sleep on the main level and make sure you can reach the bathroom easily.

□ Purses

Although we know how great it is to have everything you need at hand in your bag, after surgery is not a good time to lug heavy things around. Go through your purse and remove whatever is not a necessity.

PRE SURGERY

PLAN A SPA DAY

After surgery you won't feel like yourself, in fact, you may even feel like you were hit by a truck. You aren't going to feel like doing much, let alone really care what you look like.

It will take awhile after surgery to return to your regular routines and appointments, so we recommend booking any hair, skin, or nail appointments beforehand. That way you'll go into surgery feeling your best.

Here are just a few suggestions:

- Book a haircut.
- Color your hair.
- Get a manicure or pedicure.
- Make time for a massage or spa day.
- Book a facial.
- Schedule your wax, sugaring or laser hair removal.
- Shave your legs.

THE DAY BEFORE SURGERY

Surgery time:

Our office will call you approximately a week before your surgery to let you know what time you need to be at Southgate Surgical Suites. If you have not heard from our office five days before surgery give our office a call.

Caregiver confirmation:

Let your caregiver know what time you need to be at the Surgical Suites on the day of surgery, also make sure they know how to get there and that they will be taking care of you for the next 24-48 hours or longer.

Transportation:

Make sure you have a ride arranged to and from surgery and that you have a car that is easy to get in and out of.

Remove all jewelry and piercings: Please do so the night before so that no valuables are brought to the Surgical Suites. We are not responsible for missing or lost belongings.

What to bring:

- Drivers license and health care card. Give these to your caregiver so they can fill your prescriptions.
- Eyeglasses and case (no contacts).
- A pillow and blanket to keep in the car so you're more comfortable on the ride home.
- Breast patients need to wear or bring a button up shirt or zip up hoodie.

PRE SURGERY

THE DAY OF SURGERY

Please make sure:

You haven't eaten or had anything to drink since midnight last night, including your regular medication.

You took a very thorough shower this morning. Remember to wash your hair and shave.

You didn't apply any lotion, deodorant, makeup, perfume or hairspray.

You're wearing loose fitting clothing, with a loose button up or zip up shirt, slippers or slip on shoes that are easy to walk in.

You're giving yourself and your caregiver enough time to get to the Suites on time.

No Taxis

We've had patients who want someone to drop them off for surgery and then would like us to call a taxi to take them home. Dr. Secretan cannot, and will not, release you to a taxi driver.

If you absolutely don't have anyone that can drive you and stay with you at home after surgery then let us know, we can connect you with reliable home health services that are reasonably priced.

THE DAY AFTER SURGERY

Medications

Dr. Secretan will provide:

- A prescription for painkillers after your surgery. Take these as needed. 1-2 every 4 hours. Do not combine with Tylenol.
- A prescription for a stool softener. If you take any painkillers, take the stool softener as well.
- A prescription for an antibiotic for all breast augmentation patients. Take as directed.
- A prescription for a blood thinner for all abdominoplasty patients. Take as directed.

Other medications/treatments you are permitted to take:

- Gravol (in case of nausea) - you may take this at any time during your recovery period.
- A stool softener may be taken after your surgery for constipation.
- Gel ice packs (or small bags of frozen peas) to help reduce swelling.

Do not take aspirin, anti-inflammatory, vitamin E or any herbal supplements for 2 weeks before and 2 weeks after the surgery.

These medications may interfere with normal blood clotting and cause increased bleeding during the surgery.

Examples of medications that should be avoided include:

- NSAIDS/Advil/Aleve/Aspirin
- Fiorinal 222's, Bufferin, Entrophen, Midol
- Percodan 282's, 292's
- Echinacea, Robaxacet
- St. John's wort, garlic pills, ginseng/ginko
- Omega 3s/fish oil
- Primrose oil, ColdFX
- Multivitamins which contain Vitamin E are fine to take.

If there are any other medications you are unsure about - stop taking them until you check with the office.

POST SURGERY

POST-OPERATIVE INSTRUCTIONS

Notify Dr. Secretan of any unusual changes in your condition and feel free to call 403-795-6102 with any questions.

The following instructions should be followed closely:

You must have an adult drive you home from the facility. You will not be allowed to drive yourself or use public transportation.

After surgery you must have a responsible adult stay with you until the next morning. Have everything ready at home prior to surgery.

The effects of anesthesia can persist for 24-48 hours. You must exercise extreme caution before engaging in any activity that could be harmful to yourself or others.

Drink plenty of fluids in order to stay well hydrated. Drink at least 8 oz. of fluid every 2 hours, such as water or Gatorade. Stay away from soda pop and alcohol as these dehydrate you more. If you're not urinating every couple of hours, then you're not drinking enough.

Adjust your diet as necessary. Choose foods that are bland and soft for the first day or so. Remember to take the prescribed medications with food to avoid stomach upset.

Take only medications that have been prescribed by Dr. Secretan for your postoperative care and take them according to the instruction on the bottle.

Do not shower for 24 hours. Keep any dressings on, clean and dry.

After surgery you will be wearing some sort of garment, whether it's a bra or a compression garment, around the clock, except when showering. **Breast patients remember: NO underwire for 6 weeks.**

It is important to be up walking soon after your surgery to increase your circulation and prevent the risk of blood clots. While sitting, move your ankles in a circular motion and flex your foot up and down.

If you have had an abdominoplasty DO NOT STAND UP STRAIGHT for 8-10 days or until you see Dr. Secretan for your first post op. Please go to emergency or call 911 if you experience sudden swelling, pain or redness in your leg; or pain in the chest, difficulty breathing or an unexplained and sudden cough. If you have had abdominal surgery, splint your abdominal muscles by holding a pillow tight against your stomach while coughing.

Minimal activity for the first 48 hours. No house cleaning, furniture rearranging, etc. Relax and let your body heal. The less energy you use, the more energy your body will have for healing.

Avoid exercise, heavy lifting or any activity that raises your blood pressure or pulse for at least one month after the surgery. The blood vessels are still healing from the surgery and an increase in activity may cause bleeding. You may begin gentle exercise after 2 weeks but do not do any cardio for 4 weeks.

If your surgery is from the waist up you should have the head of the bed elevated. This requires a pillow under the small of your back, two pillows under your shoulders and head, and if you have a pillow under each elbow, you will relax and stay in position.

You may drive a minimum of two days after anesthesia, but only once you are off the pain pills, and when you feel comfortable and safe (you need to be able to react quickly).

Do not soak in a bathtub for 2 weeks after surgery. Do not use a hot tub for 4 weeks.

If you experience any generalized itching, rash, wheezing or tightness in the throat, STOP taking all medications and call the office immediately, as this may be a sign of a drug allergy.

If there are any signs of bleeding, any sudden increase in the size of your breast / area treated, or any increase in your body temperature, especially if this is accompanied by pain and asymmetry, call or text Dr. Secretan at 403-795-6102.



POST SURGERY QUESTIONS? CALL US.

Even though we oversee surgical procedures on a daily basis, we understand that this is all new to you. We would much rather you call us with questions (yes, even silly ones) because you never know! Maybe that silly question is, in fact, a big deal.

5 reasons to call the office post surgery:

1. You can't remember exactly what was said post-op.

We don't expect you to remember exactly what was said immediately after surgery. This is why we tell you to have the same caregiver throughout your recovery, especially when it comes to your medication schedule. If you have questions, call us.

2. You're not sure when you can go back to certain activities.

For the first few weeks you will have some restrictions. For example:

Breast Augmentation:

Lifting restrictions are no more than 5-10 pounds for the first two weeks and absolutely NO UNDERWIRE BRAS for 6 weeks.

Abdominoplasty:

DO NOT STAND UP STRAIGHT for 8-10 days or until you see Dr. Secretan for a post op. Lifting restrictions are no more than 5-10 pounds for 6 weeks. If you can't remember what your restrictions are, give us a call.

3. You have an area that you are concerned about.

It's completely normal for some areas to heal differently than others, However, if you are concerned, we would rather you call us than sit and worry. Let us know what is going on and if we think it sounds suspicious, we will either have you come in or have you send us a picture so we can take a look. It's always better to be safe than sorry.

4. You feel way worse than you anticipated.

Most likely this is temporary, and tomorrow is a new day. However, if your overall experience just feels a little off from the information we gave you during your consult and pre-op appointments, give us a call. We can usually figure out over the phone what you may be experiencing, and we may have a few little tricks that could help you get back on track.

5. Most importantly:

Warning signs you shouldn't avoid! Call Dr. Secretan immediately at 403-795-6102 or go to the nearest emergency department if you have any of the following:

- A high fever, severe nausea and vomiting, dizziness or incoherent behavior such as hallucinations
- Any pain that can't be controlled by your pain medication
- Bright red skin that is hot to the touch
- Excessive bleeding or fluid seeping through the incisions
- One breast that is much larger than the other or bruising that is localized to one breast or region of the chest
- Inability to urinate 12 hours post surgery
- A suspected reaction to one of your medications
- Calf pain or swelling
- Chest pain or trouble breathing



POST SURGERY

SHOWERING

We recommend that you don't shower for 24-48 hours after surgery.

You will have surgical bandages on and those will need to come off before the first shower, which is why it is so important to come for your post-op appointment. If you have drains in, then showers are off limits until the drains come out and Dr. Secretan gives the OK.

When you do finally shower you will need some help from your caregiver, so pick your caregiver wisely. This is in case you get dizzy (which happens 99% of the time). A chair comes in handy, especially if you've had an abdominoplasty.

You can use your shower bench, purchase a shower chair, or simply use an outdoor plastic chair (sanitized) in your tub or shower. Sit down before taking everything off because once your garments or dressings come off you will get woozy. If we put a light dressing on, then take it off. Go slow while doing this.

Shower gently and remember: *you just had surgery.*

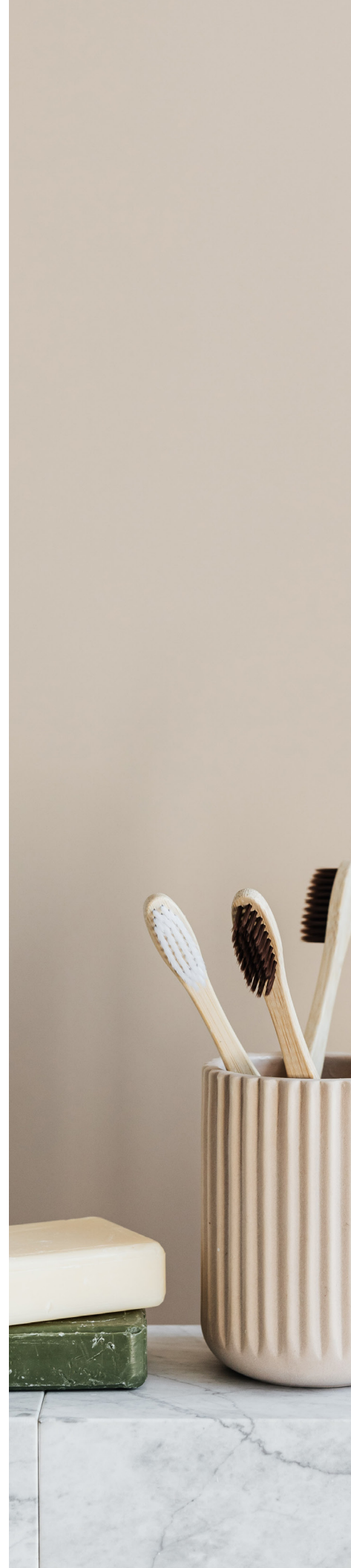
Now is not the time to take that long, hot shower, because the steam may make you feel light headed and nauseous. It might be easier just to let the soap run down your body while you wash your hair instead of getting your lather on!

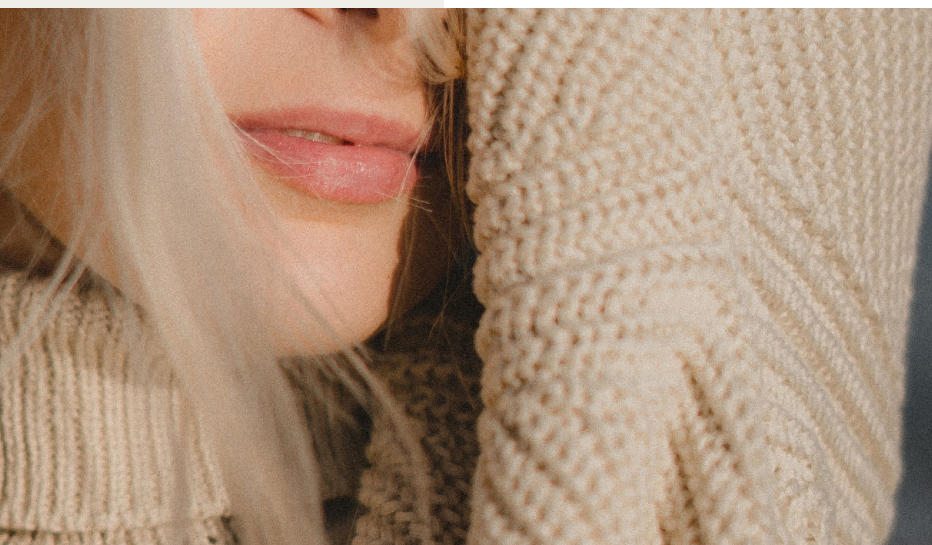
After you get out of the shower, gently pat yourself dry. Then you can apply new dressings. This is where the gauze or Maxi pads you bought come in handy. Afterward put your bra or surgical garments back on, along with your comfy clothes. Don't be surprised if the whole process takes an hour or so. You will be ready for a rest after.

Can you bathe instead of shower?

No. Soaking your incisions can soften them to the point of splitting the incision back open.

In addition, bacteria loves warm, wet places so your bathtub is a perfect breeding ground for infection. If you have a trip coming up and are planning on being in the ocean remember what could be floating around in the water.





CONTINUED RECOVERY

SWELLING

A common patient complaint, especially after having a tummy tuck or liposuction surgery, is that they are puffy or heavier than before the surgery.

Another question that's often asked: "my belly still pooches; this will go down... right?"

Your swelling will go down, but this takes time and patience.

Here are a couple tips to keep the swelling at bay:

- Avoid salty foods.
- Wear your compression garment 24/7. We also recommend you wear them for six weeks after surgery.
- Do light physical activity, such as walking.
- Always avoid diuretics post-surgery. They will cause dehydration, which in turn sets you back with swelling.



CONTINUED RECOVERY

MOOD SWINGS + ANXIETY

Post-surgery can be an emotional time. Your emotions are going to feel unpredictable while you recover.

If you and your caregiver are aware that you will have some ups and downs, then it will make this post-op time a little smoother. Having a positive attitude and positive people around you makes a huge difference during recovery.

Surgery affects everyone differently. The most common reaction is to be excited, but uncomfortable for the first few days. Then your mood can drop, and you may feel down because you're not feeling better or looking exactly the way you want. This typically happens between the third to fifth day after surgery.

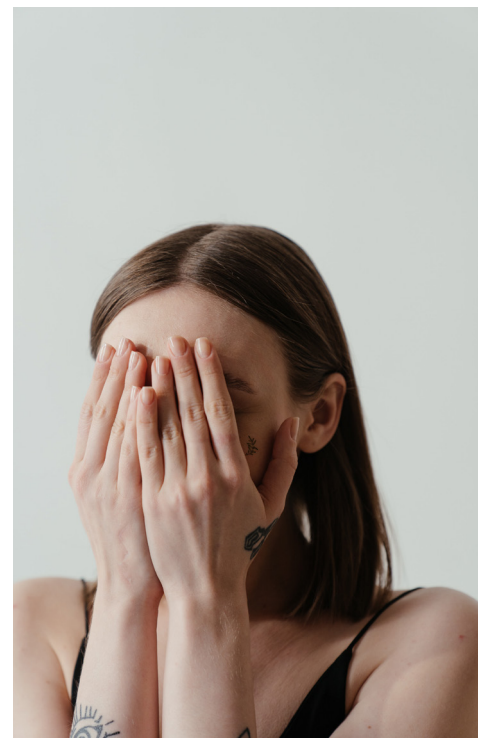
You can start second guessing your decision and asking yourself, "did I

make the right choice?" Even if you are a pretty easy-going person you may find yourself crying for no reason or experiencing mood swings.

This is completely normal. Procedures with longer recovery times, such as tummy tucks, tend to mean that patients will go through more emotional ups and downs during the recovery period.

Some patients won't feel like themselves but it's important to communicate and express your feelings. You may think you're not healing well or looking the way you should even though we tell you that you are doing well. Trust us! We know what to look for and we will always share any concerns with you.

When we tell you that everything is healing normally, then it is. Things do get better! There is always a recovery hump. You will hear us say this a lot.



CONTINUED RECOVERY

SURGICAL SCARS

Here are three things to always keep in mind when it comes to scars and the healing process:

1. Surgeon Skill.

Dr. Secretan is highly skilled to perform these procedures with the minimal amount of scarring.

2. Patient Care.

How well you as the patient take care of your incision after surgery. Scar creams, silicone sheeting, vitamin E, whichever you choose to use, can start being applied six weeks after surgery.

3. Genetics.

Your genetics have a huge impact on how you heal, and you have no control over that.

We understand that this can be a big fear for a lot of patients. We want to calm your fears of the dreaded scars so you can put your mind at ease going into your surgery.

There is no such thing as scar-less plastic surgery, despite all the misinformation out there.

However, we can help you make a plan and be proactive with scar management during your recovery.

Think of it this way: it's not possible to create an incision to the skin without leaving a scar. But scars will vary in quality and visibility.

An important part of every surgery is scar placement so that over time the scar is less visible.

Scars take one year to reach maximum healing maturity.

If, after that year, you would like to revise the scar you can discuss treatment with Dr. Secretan.

A recommendation:

Stay out of the sun. Tanned skin does not heal very well so if you're planning a beach vacation a month after surgery you may want to take that into consideration.



CONTINUED RECOVERY

PHYSICAL INTIMACY

Every now and then a patient or their spouse will ask when they can resume sexual activity. Don't be embarrassed to ask because you're not alone and we're glad you did.

So when can you resume having sex?

The answer is: it depends on the type of surgery you've had, how much pain and discomfort you are in, and when you, as the patient, feel ready.

If you are having a tummy tuck, then you may want to wait for 2-3 weeks after surgery but probably not as long if you had a breast augmentation.

There really is no right or wrong answer when it comes to resuming sexual activity after plastic surgery. What's important is when you, the patient, feel ready for sex. You are the only one who can determine this, nobody else.

If you aren't ready, don't feel pressured into thinking that you should be. You be the judge and listen to your body. If it doesn't feel good, then don't do it. If this is something you are embarrassed about or struggle with, please contact us. We hope that you've found this guide to be helpful as you prepare for surgery.





LAST BUT NOT LEAST

We would love to hear your feedback.

Let us know what you liked or what suggestions you have for our office that could possibly be helpful to future patients.

Send us an email with your ideas to:

info@lpsa.ca

If you've had a good experience, tell a friend! We love patient referrals and Google reviews as they tell us that we are doing something right and that you trust us.



*We hope that you've enjoyed reading this guide and
that it's been helpful as you prepare for surgery.*

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