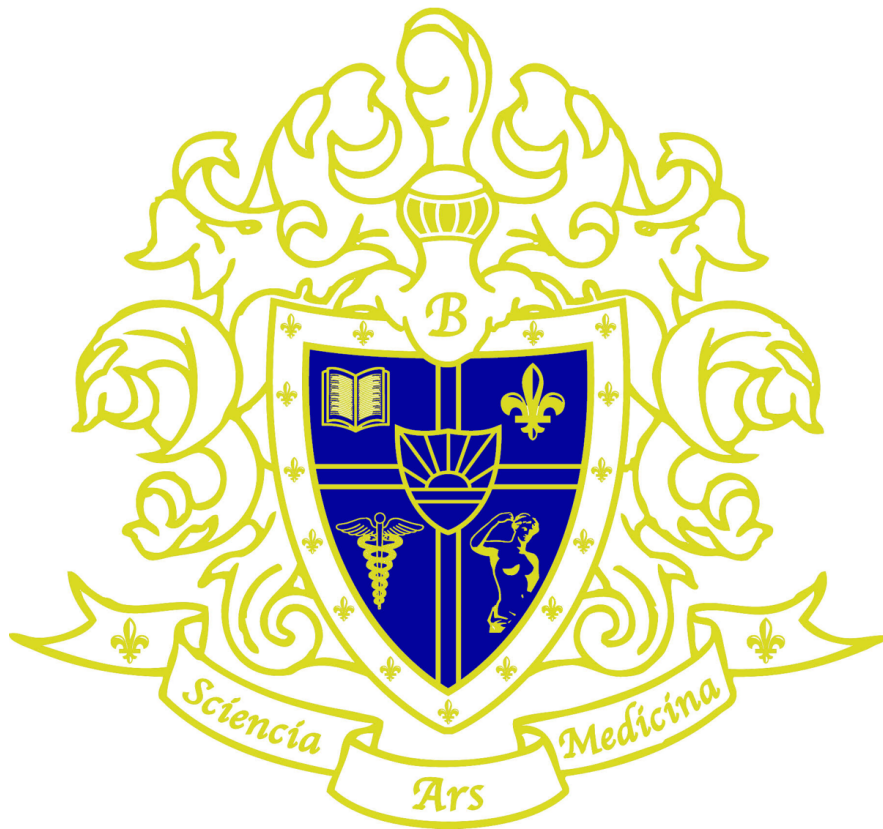


**“HOW WE FEEL AFTER  
SURGEY” - THE PSYCHOLOGY  
OF HEALING**



**BEESON COSMETIC SURGERY**

## **How Will Other React to My New Look?**

It is interesting how others view those who have had cosmetic surgery. Some patients are upset if their peers notice and some are upset if they don't notice. The bottom line is that the patient should be doing cosmetic surgery for themselves, not for others. It is nice that others may notice, but you need to do it for you!

Cosmetic surgery should “whisper” and not “scream”. Most patients will have subtle changes, but some may have more dramatic changes.

The reaction of others is also based upon the personalities of your friends and associates. Some may be jealous that they could not have cosmetic surgery and therefore speak negatively about your results - again, out of jealousy. Still others may be so unhappy with their own lives that they don't want you to be happy with yours, and this type of person may speak negatively about your results.

When we change the way we look, it is sometimes hard for us to get used to it. Do not be too quick to judge your new look. It takes weeks or even months to settle in and also for you to get used to it.

The vast majority of patients become very pleased with their new look.

Regardless of the procedure, there will be physical and emotional issues to consider during recovery. It is important to remember not to rush the healing process. Here are some helpful hints for healthy recovery:

Reduce swelling following surgery by applying ice compresses.

Plan your recovery time smartly. Depending upon the surgery, recovery time can range from a few days to a few weeks. Keep this in mind as it affects work, family, and social schedules after surgery.

Have realistic expectations. Let's face it; you're going to look worse before getting better! All cosmetic surgery procedures involve bruising and swelling. Your real results won't reveal themselves for a few days (or longer), so do not panic while the healing process takes place. If you suspect a problem—call us.

Follow our guidelines. Whether it is taking prescribed medication or plans to resume regular exercise, or hygiene instructions, we are here to provide you the best advice for a safe and healthy recovery on a path to obtain the best possible results.

Arrange care for the initial 48-72 hours after surgery. Even though you may believe you can resume normal activities and routines, having someone there to assist you will bring peace of mind and allow the healing process to occur normally and with less disruption.

Rehydrate your body. Surgery of any kind can reduce fluids in your body. Drinking water frequently will help to replenish those lost body fluids. Also, eat lightly for the first few days and only foods that are easy to swallow and digest—avoid fried or greasy foods.

Keep your head elevated for a few days. This will reduce swelling and speed your recovery process without compromising the results.

Avoid exposure to direct sunlight. Use sun blocks with proper UV protection to protect your skin.

Don't take aspirin or anti-inflammatory medications for 2 weeks after the procedure. These might interfere with medications we have prescribed and may result in more bruising. Check with us about which over-the-counter and prescription medication you should avoid during recovery.

### **How We Feel After Cosmetic Surgery**

Recovery period after surgery varies from person to person and depends on the procedure you are having as well as whether multiple procedures are being performed at the same time. The following graphics have been used by cosmetic surgeons for many years, and while the original author is unknown, the points made are well taken and worth repeating.

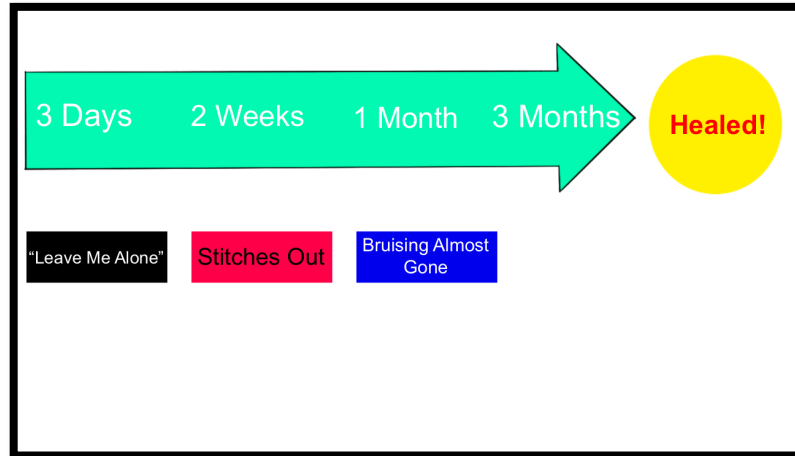
It is important to have an understanding of how difficult patients reactive to surgery. Some patients literally breeze through the recovery process, while others have a more difficult time. Some patients become depressed and wonder why they even had surgery. Following these charts will hopefully provide inside into the recovery process and put you at ease when you have a more thorough understanding of the surgical healing and physical and psychological changes involved the first month after cosmetic surgery.

First Week	Second Week	Third Week	Fourth Week
Low Energy	Nit Picky	Show Off	"You Look Wonderful"
"I'm Not Gonna Make It!"	"What Did I Do?"	"I Can See A Difference"	"Wow!"
	"I've Made a Big Mistake!"	Notice Other's Reactions	"I Love It"

## Nature's Healing Curve

Healing doesn't happen overnight and when a patient has surgery, days can seem like weeks! Every patient responds to surgery differently and for some patients it is a breeze while other patients have a much harder time.

“Every butterfly comes from a worm and it simply takes several weeks for the result to blossoms.”



## Emotions: What a Difference 3 Weeks Can Make

Cosmetic surgery can be an emotional roller coaster, and some patients may not be themselves for a short time. Their personalities can vary from "out of it" to "mad at the world" to "I'm crying and I don't know why". Sometimes the combination of looking bruised and swollen, not sleeping, and discomfort can make patients act in a different manner than their normal personality. This can put stress on their family, caregivers and the doctor and staff. We understand these processes and how to deal with them. So if you don't feel yourself, it is important to let us know so we can help you feel better. Most patients do not have these problems.

Day of Surgery	First Week	Second Week	Third Week
<b>"Zombie"</b>	<b>"Antsy"</b>	<b>"Weirdo"</b>	<b>"I Feel Great!"</b>
Wiped Out Zonked	Irritation Sadness Anger "What Have I Done"	Criticize Scared Impatient "How Come..."	

### **The 3 “R’s”: Rest, Relax and Recover**

Know What You are Supposed to Do After Surgery.

Take Your Medications Exactly as Directed.

Know What Medications Not to Take.

Know How to Keep Your Surgical Area is Clean.

Know What Activities You Can and Cannot Do.

Know When Your Follow-up Appointments Are.

Remember: the Patient Has A Lot to Do With the Final Result!

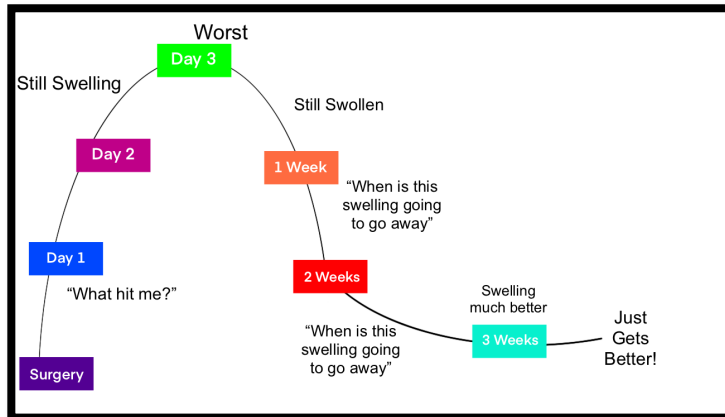
It is important for patients to understand that surgery is a strain on the body and that they will likely have less energy during the early recovery period and need much more rest than usual. They may be bruised, swollen, and in some discomfort. All this is a stress on the body. Smart patients plan ahead to ensure they have proper support and can use early recovery period to rest and heal.

Rest and relaxation are essential for proper healing. The immediate postoperative period is not a time to clean your garage or for working in your garden! Severe complications can occur from postoperative overexertion, which can complicate and affect the final result. The surgeon is responsible for the surgery, and the patient is responsible for the recovery. If the patient does not follow instructions, the best surgeon in the world cannot get the desired result.

Use this opportunity to be a Queen or a King and be catered to! Enjoy your recovery - rest and relax. Watch the movies you never had time for. Listen to books on tape or your favorite music play list. Do not perform functions that will increase your blood pressure, heart rate, or promote bleeding. Drink plenty of fluids and protein. Drink a protein shake several times a day well to ensure proper surgical nutrition. Taking a single multivitamin each day is also recommended. Sleep like a baby!

More you rest, the more you heal!

## Swelling Chart



Swelling is nature's response to surgery and happens in all patients. Swelling is extremely variable. Some patients swell and bruised severely, while other patients hardly swell or bruise. Although it seems to take forever for swelling and bruising to improve, it always does!