

COSMETIC SURGERY CHECKLIST

Deciding to pursue cosmetic surgery can be rewarding and empowering—but you may find yourself feeling a little unprepared as well.

Fortunately, there are things you can do along the way to ease your journey. Below, we detail some of the factors to consider and questions to ask when pursuing cosmetic surgery.

Surgery research

Before you schedule a consultation, make sure the cosmetic surgery facility you choose is safe. That means checking that your surgeon and the surgery center are fully licensed.

SURGEON CREDENTIALS

- The surgeon is a plastic surgeon and is board certified through an organization like the American Board of Plastic Surgery, the American Society of Plastic Surgeons or the American Society for Aesthetic Plastic Surgery.
- The surgeon specializes in the procedure I'm interested in.
- The surgeon has hospital admitting privileges.
- The surgeon has consistent results from patient to patient
- The surgeon stays up-to-date on current procedures and completes continuing medical courses.

HOSPITAL CREDENTIALS

- The hospital is licensed by the State Department of Health.
- The hospital is a fully accredited surgery facility.
- The hospital has a licensed anesthesiologist to administer general anesthesia.

Consultation

Meeting your cosmetic surgeon during your first consultation can be a little like a job interview. You want to make sure your surgeon is not only experienced but also someone you can trust.

MEETING WITH YOUR SURGEON

- The surgeon made you feel comfortable.
- The surgeon listened to your questions and concerns.
- The surgeon reviewed all your options (non-surgical and surgical) with you.

QUESTIONS TO ASK YOUR SURGEON

- How many times have you performed this procedure?
- What are the risks of this procedure?
- What are the benefits of this procedure?
- What is the timeline for when I will begin to see results?
- Where will the surgery take place?
- What type of anesthesia is needed for my procedure?
- Have you performed this procedure on patients with concerns like mine?
- What techniques do you use?
- What can I do to reduce the risk of post-surgery complications?
- How many pre- and post-op appointments are needed?
- What is the cost breakdown of my procedure?
- Does the surgery center offer any financing options?
- How long is the typical recovery process for this procedure?
- Will I be able to contact a medical professional if I have questions or concerns post-surgery?

Many doctors recommend that patients take some time after the consultation to think about the risks and rewards of cosmetic surgery. This helps the patient feel confident about their final decision and gives them time to address any doubts they have about the procedure or the surgeon.

Pre-surgery

There are a few things you can do during the days and weeks before your surgery to make the recovery process much smoother.

ONE MONTH BEFORE

- Tell your surgeon about any and all medications you're taking.
- Start planning for your absence from work. Even if you feel sure you'll feel well enough after your procedure to get some work done, you don't want to feel obligated to check email or take calls while you're recovering.
- Make a plan for someone to drive you home after surgery and stay with you for at least the first night.
- Start planning post-surgery logistics like meals, transportation to and from appointments, and childcare.

ONE WEEK BEFORE

- Fill any prescriptions your surgeon has given you.
- Finalize your transportation arrangements.
- Attend your pre-op appointment. Read over the procedure instructions given to you to best prepare for post-op needs.
- Avoid shaving or waxing, especially in the area you're having the procedure. The more nicks or cuts in your skin, the greater your risk of post-op infection.

Day of surgery

- Remove credit cards or valuables from your purse.
- Take off any jewelry.
- Follow instructions for avoiding food or drink before the surgery.
- Bring a container to hold your glasses or contact lenses if needed.
- Bring loose, comfortable clothes to change into.
- Arrive at the surgical facility in plenty of time to prepare for the procedure.
Check with staff if you're not sure what time to arrive.
- Be sure the surgical staff has contact information for the person transporting you home.

Post-surgery

After your surgery, you'll be taken into a recovery room while the anesthesia wears off. Once the surgeon is confident you can finish recovering at home, you'll be released.

- Have a caregiver stay with you on your first night home. Recovering from a surgical procedure can take time, and you may need help walking, preparing meals, or going to appointments.
- Attend any follow-up appointments to ensure your healing is on track.
- Don't be afraid to call your surgeon or a nurse line if you have any questions about your recovery or a symptom you're experiencing.

Shopping list

Being prepared with the right foods, vitamins, supplements, and medical equipment can help you ease into recovery.

PRE-SURGERY DIET

Vitamins/Supplements

It's important to discuss with your surgeon any vitamins or supplements you're taking since certain vitamins can affect the way your blood clots.

However, the following vitamins can aid your recovery:

- Vitamin C, which helps healing
- Beta-carotene, which keeps your immune system healthy
- Vitamin E, an antioxidant that limits tissue damage
- Zinc, which helps produce collagen and speeds incision healing

Foods

You may be wondering how to change your diet before surgery, especially if you haven't undergone a procedure before. Many foods contain salicylates or natural blood thinners; these should be avoided prior to and after surgery to avoid excess bleeding.

Additional foods that should be avoided include:

- Beer, birch beer, root beer, wine, tea
- Carbonated or distilled drinks
- Mint or wintergreen products min
- Pies and cakes made with fruit
- Almonds, peanuts, avocados, mayo, olives, olive oil, salad dressings
- Apples, cherries, grapes, melon, peaches, nectarines, plums, prunes, pomegranates

- Canned mushrooms, cucumbers, green peppers, potatoes, radishes, hot peppers, tomatoes
- Cloves, pickles, mint

POST-SURGERY DIET

After your surgery, it's important to stay hydrated and eat a healthy diet to promote healing.

Stock your kitchen with:

- Fresh fruits and vegetables (minus those in the list above)
- Yogurt
- Bottled water
- Lean meats and proteins
- Flavored or sparkling water
- Low sodium soups

Post-surgery is also a good time to pick up any medical equipment you need for your recovery like bandages or dressings, a cushion, brace, ice pack, or crutches.

A note from Dr. Bruner & AnMed Health

Cosmetic surgery can significantly improve quality of life, but only when performed by a trusted, qualified, and experienced plastic surgeon.

That is why the AnMed Health cosmetic surgery team — led by the renowned surgeon Dr. Bruner — has put together this checklist to help you have a seamless journey from start to end.

REMEMBER

- Take your time
- Don't be afraid to ask questions
- Make sure you are advised by the surgeon who will be performing the operation

About AnMed Health

AnMed Health is one of the most preeminent health care providers in the region.

Dr. Bruner and his team are committed to performing high-quality work while using the most up-to-date techniques. Reach out to our cosmetic team at (864) 367-0197 to schedule a confidential consultation