

How to Be a Healthy Surgical Candidate

Thinking about Facial Plastic Surgery? What you can do now to make your future surgical experience a Healthy one!

At the Advanced Facial Plastic Surgery Center, we invite you to make your upcoming surgery as healthy an experience as possible. Although you can be assured that Dr. Bassichis and his staff will take excellent care of you throughout the entire surgical process (and beyond!), there are many things that you can do as the patient to facilitate your best and healthiest healing. Our holistic approach to a healthy surgery includes elements of good nutrition, selected homeopathic remedies to promote recovery, and most importantly the positive mental attitude that will reflect the best ways of preparing the mind, body and spirit for a safe and easy recovery.

S T A R T I N G N O W ... for your best health and beautiful future!

Stop Smoking: Smoking reduces circulation to the skin and impedes healing. Cigarette smoke, whether first- or second-hand, complicates the careful cellular choreography of wound healing. Cigarette smoke delays the formation of healing tissue and sets the stage for increased scarring at the edges of a wound. For your pre- and post-operative period (and hopefully for always), we profoundly urge you to cease smoking.

Maintain a healthy lifestyle: Good nutrition is as important before and after surgery as it is at any other time. Many medical studies have documented the improvement in post-operative healing that accompanies good nutrition. A balanced diet containing essential nutrients, protein (necessary for wound healing) and calories and good weight management are basic essentials of good nutrition. Sugar and alcohol are well known to suppress wound healing, and should be eliminated. Caffeine withdrawal is bad enough at any time, but worse when compounding a post-operative experience. Good hydration is always important -- drink at least 64 ounces of water per day (Our body is 70% water!). Regular exercise for healthy cardiovascular fitness and weight management is another important facet of a healthy lifestyle and will improve your overall health, as well as the outcome of your elective surgery and anesthesia experiences. Please consult your primary care physician prior to initiating any new exercise regimens.

Think Positive: If you are considering making a healthy, positive change in your external appearance, let that new image reflect a healthy, positive internal mindset. Allow the power of positive thinking help make your surgical dreams, not only a reality, but the best reality possible for you. Our staff at Advanced are here to support and encourage you through the entire process.

Supplements and Medications: Before surgery, *please* inform our staff about ANY and ALL medicines, vitamins, herbs, minerals or other supplements you normally take because they can react negatively with prescription medications and anesthesia. Please refer to the enclosed list of medications NOT to take prior to surgery included in your materials. In particular, the following supplements should be discontinued two weeks prior to and for two weeks after surgery: Ackee fruit, Alfalfa, Aloe, Argimony, Barley, bilberry, Bioflavenoids, Bitter melon, Burdock root, Carrot oil, cayenne, celery, Cellasene, Cellustop, Celluthin, Chamomile, Chromium, Coriander, dandelion, dan shen (red sage), Devil's club, dong quai, echinacea, elder, Eucalyptus, Fenugreek seeds, feverfew, fish oil caps, Fo-ti, garlic, ginger, ginkgo biloba, ginseng, Gmena, Grape seed, goldenseal, Gotu Kola, guaiacum, Guarana, Guayusa, hawthorne, Horse Chestnut, juniper, kava kava, Lavender, Lemon verbena, licorice root, ma huang (ephedra), Magnesium, melatonin, Muwort, Nem seed oil, Periwinkle, red clover, Saw palmetto, Selenium, St. Johns wort, valerian, Vitamin E, willow bark, yellow root, and yohimbe ("The natural Viagra®").

We will recommend a regimen of vitamins and some supplements to promote effective healing and recovery from surgery. Do not take larger than recommended doses.

Special Notice: If you are on Anti-depressant medications, please advise Dr. Bassichis. Some monoamine oxidase inhibitors (MAOI) intensify the effects of the anesthesia and could be dangerous during surgery. These medications may include: Isocarboxazid, Marplan, **phenelzine (Nardil, Nardelzine),** **tranlycpromine (Parnate, Sicoton),** Deprenyl, selegiline hydrochloride, 5 HTP, Amitriptyline, **Prozac,** **Wellbutrin,** Bupropion, Bupropion HCL, Fluoxetin, EFFEXOR[®] XR, etc. It is reported that drug interactions can occur even weeks after discontinued use of an MAOI drugs. Therefore, in patients undergoing anesthesia, cessation of usage is normally instructed several weeks prior to surgery to avoid possible adverse effects.

On behalf of Dr. Bassichis and the staff of the Advanced Facial Plastic Surgery Center, we look forward to your healthy and safe surgery...and speedy recovery! We're with you every step of the way.

Call us with any questions, we are always happy to address all your concerns.