

What to Expect After Cosmetic or Plastic Surgery

As with all surgeries, you can expect discomfort following plastic or cosmetic surgery. In addition to the physical effects of surgery on your face or body, The Aesthetic Center by Kaiser Permanente would like you to be aware of the following information.

Additional Surgery

There are many variables that may influence the long-term result of your surgery. We may not know how your tissue may respond or how wound healing will occur after your surgery. Secondary surgery may be necessary for additional tightening or repositioning of body structures. Should complications occur, additional surgery or other treatments may be necessary.

Even though risks and complications are infrequent, there are risks associated with surgery. The practice of medicine and surgery is not an exact science.

In some situations, it may not be possible to achieve optimal results with a single surgical procedure. You and your surgeon will discuss the options, if there is a recommendation for additional surgery. There may be additional costs and expenses for such additional procedures, including surgical fees, facility and anesthesia fees, pathology and lab testing.

Taking Care of Yourself for Better Results

Follow all physician instructions carefully before your surgery and especially after your surgery. This is essential for achieving your desired outcome. It is important that the surgical incisions are not subjected to excessive force, swelling, abrasion, or motion during the time of healing. Personal and vocational activity needs to be restricted. Protective dressings and drains should not be removed unless instructed by your plastic surgeon.

If you are a smoker, it is important to quit at least four weeks prior to surgery and keep from smoking until four weeks after surgery to ensure your wounds heal properly.

Successful post-operative function depends on both surgery and subsequent care. Physical activity that increases your pulse or heart rate may cause bruising, swelling, fluid accumulation and the need for return to surgery. It is important that you participate in follow-up care, return for aftercare, and promote your recovery after surgery.