

Preoperative Preparation Guide

Plastic surgery is real surgery, and a successful outcome depends just as much on the patient as the plastic surgeon. Use this list to help you prepare!

- Adjust Your Diet:** Change your diet following your surgeon's advisement and recommendations. A good rule of thumb is to limit sodium intake at least one week before surgery and load up on anti-inflammatory foods, like berries and leafy greens.

- Make a Recovery Plan:** Knowing that you have established a plan, starting from immediately postop through at least the first week, will ease your mind. Here are a few key elements your plan should have in place:
 - Confirm a friend or family member to take you home after surgery.
 - Get any PTO approvals at work. Remember, some states may not allow disability leave for elective procedures.
 - Arrange child or pet care, and get help with household chores during your recovery.
 - Prep healthy meals or stock up on ready-made options so you can focus on healing instead of cooking.

- Purchase Post-Surgery Supplies:** If you aren't sure what you need, call your surgeon's office and ask. You should also fill all of your postoperative prescriptions in advance.

- Mentally Prepare:** It's important to be in the right frame of mind before surgery, and the more knowledge you have, the more relaxed and confident you're able to feel throughout your journey. Make sure you, your caretaker and your loved ones thoroughly read any literature or preoperative information provided by your surgeon and keep them handy for reference.

- Set Up a "Recovery Area" in Your Home:** This cozy spot will be where you plan to sit or rest with activities you'll do as you recover. Move daily essentials and medications to nearby, easy-to-reach places so you can minimize bending and stretching as much as possible. Don't forget the phone charger!

- Make It Enjoyable:** Your activity is going to be limited for a while, so consider ways you can make recovery a more comfortable experience. This could mean splurging on a plush bathrobe or pair of slippers or even buying a few new books you've wanted to read. Ask friends and family for binge-worthy shows to stream. Now's the time!

