

Alpine Plastic Surgery

What You Need To Know **NOW...**
To Avoid Costly Mistakes **LATER!**



It's important that you approach your surgery and recovery knowing that we're a team. While the patient is the star player, he or she is supported by a team of caregivers, family, friends and our staff. I have produced this handy guide because I want you to be prepared for both your surgery and your recovery.

If you're like most patients who schedule a cosmetic procedure, you have a lot of questions and that's great because I want to answer those burning questions. I bet you have talked to friends and/or family members who have had a procedure and you've been doing some research online. I know that the thought of surgery is very overwhelming, so I thought you would like some advice and tips from some people who have been in your shoes.....US. This is the ultimate surgical companion, is filled with eye opening tips and some ingenious hacks, to help you over some of the surgical hurdles and getting you looking and feeling your very best.

Over the next few pages the staff and I will provide you with suggestions that we have learned throughout the years, mainly by listening to our patients, but also by having the procedures done ourselves. A word of caution, I will address sensitive content that some may find frightening, but my feelings are, it's better to have our patients know way too much so they can analyze the risk to make a better-informed decision. We are here to be your lifeline through this journey. We want a great outcome as much as you do, so listening and following the advice of Dr. Barnett and his staff is key.

The people below, these are part of the amazing staff members that I talk about throughout this guide. Each one of us will play an important part throughout the process, and you will become familiar with all of us. Just think of it this way if your surgery was "Who wants to be a millionaire" then we would be your lifelines. Don't hesitate to us your lifelines.



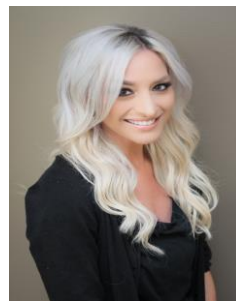
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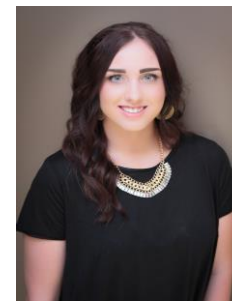
Camille
RN/Nurse Manager



Lauren
RN/Surgical



Alece
Cosmetic Coordinator



Maddie
Medical Assistant



RECOVERY IS NOT THE TIME TO BE A SUPERHERO

Two major complaints we hear from our patients is that they never have enough time, or taking time away from work, family life, or activities. Finding the time to recover is the biggest hindrance when it comes to scheduling and having surgery.

Time is money, we totally get that everyone's lives are busy. But when it comes to recovery time you really can't cut corners. All too often, one of the biggest mistakes that leads to a longer recovery is a patient thinking they can do more before they are ready. It usually ends up being a costly mistake, not only taking more time away from work, but from their family and activities. Don't ever feel guilty to take the "me" time you need to recover fully.

Another costly mistake we see is trying to hide what procedure you have had done from your caretaker. Not only does it put our staff in an awkward position, it also prevents us from doing our job correctly which could cause more problems down the road.

How much help will I need, you ask? Well EVERY patient's situation is different. But no matter what your situation is, you will, at the very least, need someone to drive you to and from surgery and stay with you for the first 48 hours after surgery. You will also need someone to drive you to your post-op appointment. For patients having tummy tucks or "mommy makeovers" it is recommended to have someone stay with you for the first week.

Recommended Time Off

These recovery times are based off the time previous patients have taken off from work to recover. If your job is physically strenuous, you may need more time. If you are having a **breast augmentation**, be prepared for lifting restriction's which last at least 6 weeks.

- Breast Augmentation – 3 to 5 days
- Breast Augmentation w/Lift – 1 week
- Breast Reduction – 1 week
- Tummy Tuck – 10 to 14 days
- Liposuction (3 to 5 days)
- Brachioplasty (Arms) (7 to 10 days)
- Facelift (7 to 10 days)
- Breast Implant Removal (4 to 7 days)

It's always better to schedule MORE recovery time than you think you'll need.

It would be a nice surprise if you could be back to your regular routine early. Plus, it would relieve a lot of the stress and worry that you will be healed in the time you have scheduled off. We recommend that you take a little extra time off to recover - just to plan for the unexpected. Of course we don't want any complications, but nothing is a guarantee.

Let's Be Realistic...

It's amazing how much we expect to happen overnight. Trust me on this, after my surgery I wanted results, YESTERDAY!



Keep your expectations in check.....always remember what you started with and be realistic. A surgeon's scalpel is **NOT A MAGIC WAND** and healing occurs at different rates for every individual patient. Having unrealistic expectations will surely equal disappointment. You must allow yourself to heal and remember that you often look worse before you look better. Your responsibility as a patient is to make sure to clearly communicate your expectations with Dr. Barnett and our staff. A couple questions to ask yourself are:

- 1.What would I like to change?
- 2.Why would I like to make those changes?
- 3.What will be different in my life with those changes?
- 4.Am I choosing this for me?

Another common mistake is comparing your results to everyone else, especially your friends. You need to understand that results vary significantly from patient to patient. You and your best friend may be the same height, same weight, and overall have the same build, but that doesn't mean her breast implants should be what you get.

Some changes are not possible. With that said, every now and then we will get that one patient with such outrageous expectations that morally and ethically Dr. Barnett must turn them away. This is very difficult in our industry because we know there is always another "not-so-reputable" surgeon who will say, "Step Right Up". But in the end, the results typically are not what the patient desired nor anticipated. Remember having surgery is not going to miraculously change your life or any situation taking place in your life. Don't ever have plastic surgery to please a spouse or boyfriend/girlfriend because in the end you are the one that must live with that choice.

One last thought: I love reality TV, and social media, but is that "reality" real? Do they always look that perfect in the morning? When do they have time to workout between work, kids, keeping up with the house and homework? We all know that "Reality TV" isn't reality. So please don't expect that your booty will look like Kim's or that your lips will look like Kylie's. We are all so different and we all have something someone else wants, believe it or not.



Get your head in the game! (Mentally)

You're getting ready for plastic surgery! No matter how you do it, try to have a clear mindset. It's normal to be excited and nervous at the same time. Deciding to have plastic surgery is a pretty big deal and you have big changes coming your way. Having a positive attitude and being mentally prepared will go a long way before and after your surgery while you recover.

A common thing we hear from our patients is that they are having anxiety about their upcoming surgery. It's normal for you to feel more anxious and have more questions as your surgery day approaches. It's the fear of the unknown that drives that anxiety. We always tell our patients to ask all the questions you can think of - remember we are here for you.....don't worry, we got you! Keep in mind also when a patient is going back and forth about what they want versus what they "should do" it's typically a big red flag for our staff because it usually ends up with tears or a cancelled surgery. If you are not 100% certain, then maybe it's not the right time!

Haters Gonna Hate.....

Plastic surgery isn't for everyone, and when you are in this line of work EVERYONE has an opinion. When you have a society or culture that views a different opinion as something negative then you need to be prepared to hear all of those opinions. You will have people who will question your reason for surgery and tell you that you look great how you are, or ask you why would you change anything about yourself?? Just remember this is YOUR decision, not theirs. With all that said, if you find yourself questioning anything about your decision or your choice for surgery, if you're not 100% certain, then you need to do some more thinking.

The love/hate relationship with the internet

Once you have made the choice to have plastic surgery and you're comfortable with your physician, whether it's Dr. Barnett or another Board-Certified Plastic Surgeon, don't start second-guessing yourself or the decision you have made. If you have a concern, again call us, or ask your surgeon - DO NOT Google! Now is not the time to torture yourself by searching online for botched surgeries and the what-could-go-wongs. If you start questioning your physician's recommendations because you saw it differently on Dr. 90210, then come to us before hand - don't ever let the internet be your guide. I'll say it again.....every Dr. and every patient are different.



Strong is Sexy . . .

Healthy Diet.... You may be thinking "Oh, it doesn't matter what I put in my mouth, it's going to get sucked out or cut off anyway, right???"..... WRONG!! You also won't get better results from your surgery if you go on a super strict diet. We hear this all the time from patients planning surgery or patients that think surgery is the answer to their weight loss struggles. Surgery is not the fix-all for weight loss. A crash diet is very counter-productive and eating nothing, but junk doesn't help with the healing process. Your body needs nutrients such as protein, iron and fat, to be able to recover properly. Once you decide to have surgery start eating a healthy balanced diet, skip the booze and don't go crazy cutting calories.

Exercise Smart.... Now is not the time to start a new weight loss journey. You want to maintain your level of fitness and avoid injury, so don't push your limits. Tummy patients should focus on strengthening your core muscles (back and abs). After surgery you won't be standing up straight for a while, so having a strong core will help prevent back pain. Ever heard of planking? You can do it in reverse. Yoga and Pilates will help strengthen your core muscles.

DO NOT get pregnant

This may seem so obvious if you're planning to have surgery but trust us on this one. If you're a female who could still get pregnant, then we will always have you take a pregnancy test right before the surgery. At least 2 of these a year come back positive resulting in the shock of their lives (WHAAATTTT??!!). We swear it happens, so goodbye surgery - at least for the next 9 months. **BOTTOM LINE:** If you are sexually active, be sure you are using effective birth control. And if your going back and forth about having another child after a tummy tuck it undoes all the good work Dr. Barnett has done.



NOW'S THE TIME TO PLAN AHEAD....

As staff, we see a lot of common mistakes that patients make when it comes to their surgery. When they plan their surgery, we try to the best of our ability to educate and inform patients about how intense surgery and recovery can be (*hence this is why I'm making you read this amazing guide*). Please take all the information that we are giving you into consideration when you are making that big decision for your surgery. Here are a few of the most common mistakes that we see when people are here for surgery and at home recovering:

1. We know you love your kids and fur babies, but now is the best time to start planning their trip to grandma's. Kids and pets are high maintenance - constantly needing and wanting your attention and after surgery you will need to rest and recover. **WE CAN'T STRESS THIS ENOUGH!** If your caregiver is picking you up after surgery and staying with you, please have a plan for your kids to be with another caregiver for a few days. Surgery is hard enough, plus it's traumatic for a child to see their parent in pain.
2. Please keep your caregivers, friends and family members to a minimum when they are with you on surgery day. It is our office policy that only 1 caregiver is allowed in the recovery room. We also do not allow children under the age of 18 in recovery or to pick you up from surgery. Patient safety and privacy is a priority for our staff.
3. If you are an out of state patient, live north of Willard, south of Farmington or east of Mountain Green then **YOU WILL** need to plan on staying the night in a hotel or with relatives who live close by after your surgery. Dr. Barnett cares about your safety and the safety of his staff so this is non-negotiable. If you are staying in a hotel (tummy patients) please make sure the hotel has a wheelchair or that your room is on the 1st floor — no stairs.
4. We can't stress this enough; **surgery is a big deal!** It's not only hard on the patient, it takes a toll on the caregiver as well. Please take them into consideration when you are planning your surgery. They want to be there to support you and care for you and it wouldn't be fair if they had other distractions they had to worry about.



We know the kids only want to help and the pets just want to love on you when you're not feeling well BUT kids and pets like to jump on you or jump into your lap. They want to sleep in your bed, and they do need to eat, be let out to potty, and be taken for walks (reminder we're not just talking about the pets here). Small dogs and toddlers are easy to trip over, especially when you are medicated, and they are trying to be helpful.

Another good rule of thumb for indoor pets: keep pet hair & dander to a minimum! Pets can also pass MRSA and if we see pet hair on your bandages or clothing, then we wonder where or what else could that be getting into? We have literally seen pet hair in incisions & under bandages.. We haven't just found pet hair, we've seen crumbs and oh, yes, even food (popcorn, sliced cheese, eggs, Cheetos, cat food and sandwich meat) in bandages, bras, and over incisions. Please remember your incisions need to stay clean even if you or your caregiver are just looking at your incision. **And always, always wear gloves!!**



....Lets Double Check Those Meds

Did you know that the regular medications you take daily may not be the only thing that could cause a problem with your surgery???? Herbal supplements, dietary supplements, over the counter drugs and yes, even some anti-depressants can have an affect on your anesthesia during surgery.

Even if you've never had a problem in the past, every surgery is different. Medications and supplements can increase the risk because they:

- Prolong the effects of anesthesia
- Increase the risk of bleeding
- Raise blood pressure
- Interfere with other medications
- Cause heart problems
- Can affect pain management

Along with medications that are taken, there are other factors that could cause a potential risk during surgery. I think for some patients they may feel embarrassed or simply forget to mention medications or feel somethings aren't important but when it comes down to it that one little "unimportant" thing could potentially turn into a costly mistake. Below is a list of medications that have potential risk, please remember this list is not all inclusive.

Stop Taking: 1 week before surgery

- | | | | |
|---|---------------|--------------|-------------------|
| • Aspirin, Ibuprofen or Naproxen (Advil, Motrin, Excedrin, Aleve) | • Chromium | • Flaxseed | • Kava-Kava |
| • Any diet pills or herb blends designed to control appetite | • CoQ10 | • Garlic | • Licorice |
| • Vitamin E | • Echinacea | • Ginger | • Melatonin |
| | • Ephedra | • Ginkgo | • Saw Palmetto |
| | • Feverfew | • Ginseng | • St. John's Wart |
| | • Fish Oil | • Goldenseal | • Valerian Root |
| | • Phentermine | | |

Any type of suppressant or depressant taken post operatively with post operative pain medication can cause potential complications. Please discuss this with our staff ahead of your surgery.

- | | | |
|-----------|--------------|------------------|
| • Zoloft | • Wellbutrin | • Antihistamines |
| • Lexapro | • Celexa | |

Although your medication may not be listed that does not mean you're in the clear.

If you have any questionable medications, please bring it to our attention.



There's never been a **better** time to Quit

We all know smoking is bad for you & most people are aware that smoking has a huge affect on your recovery after any surgery, but did you know that smoking is a much bigger issue when having plastic surgery? The reason is because plastic surgery operations "live on the edge of your blood supply."

When performing surgery, plastic surgeons are really operating at the limit of what the circulation to the skin and other tissues will allow; it really is like "living on the edge"I can hear Bon Jovi now! In order to have adequate circulation, they not only need to leave enough blood vessels intact, they must also make sure that the blood which flows through these blood vessels is sufficient. Because of the mechanics of blood flow, when the blood supply is inadequate or constricted, which often occurs with patients who smoke, the tiniest veins often fail. This insufficiency results in a backup of old (venous) blood in the body part, causing it to turn purple. If the backup of old blood is serious enough, the purple color may eventually turn black. That's when we know the body part - toe, finger, or nipple - is dead.

Certain things can affect the blood flow and the worst is cigarette smoke. Although the nicotine in the cigarette smoke is the most dangerous, the carbon monoxide and hydrogen cyanide doesn't help. And if you don't like to be in pain, just remember smoking can interact negatively with pain medication - basically you may not get your pain under control. **And for all of you that think vaping is any better, don't be fooled - that liquid you vape contains nicotine.**

If you're still unconvinced and just can't give up the ciggie, here is a great article you need to google.

"Smoking can make your nipples fall off" by Dr. Anthony Youn



Do not Drink Alcohol 72 Hours Prior/After Surgery
Alcohol suppresses the immune system and should be avoided around the time of surgery.

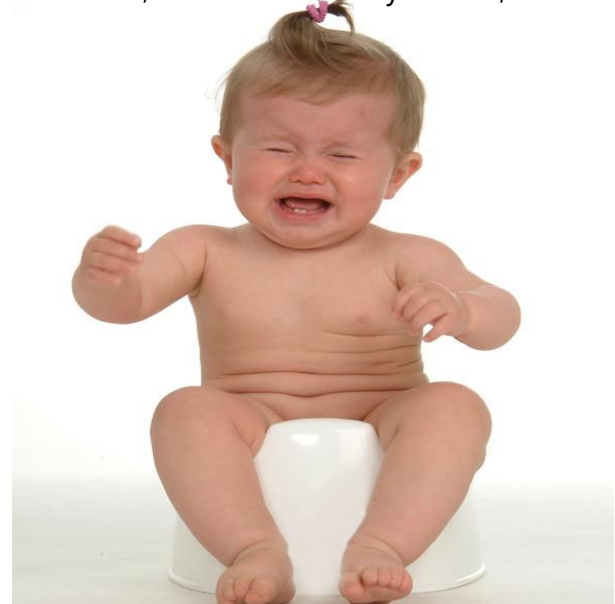


Constipation: A Big Pain in the BUTT!

After surgery, typically the first question we are asked is:

"Is it normal that I haven't pooped?"

The answer is, YES.....this is totally normal, here's why:



- **Anesthesia:** When you think of anesthesia you think of being put to sleep. Anesthesia also puts your intestines to sleep, so it takes them a bit to "wake up".
- **Pain Medication:** The most common side effect of pain meds is yup, you guessed it, constipation. So combine pain meds and anesthesia that's just a double whammy.
- **Changes in your diet:** Since you can't eat or drink anything after midnight, you may already be low on fluid going into your surgery. The combo of too little fluid and no food can work against your body's normal elimination routine.
- **Inactive:** Being active is a big trigger for bowel movements. When you have surgery you are forced to rest and that doesn't help your stomach out much.

A FEW MINOR DETAILS.....

LABS



Patients typically ask if they need any blood work done. Dr. Barnett will order a potassium check if you have high blood pressure, have a heart condition or are on any medications for blood pressure. If you do have a past or present heart condition, we will need a copy of your most recent EKG and/or clearance from your primary care physician. The day of your pre-op we will check your iron levels with a simple finger stick.

PRESCRIPTIONS



You will receive your prescriptions the day of surgery unless you have made other arrangements with our office. Once you have the scripts look them over and make sure they are correct (Lortab vs. Percocet). We will give your prescriptions to your caregiver who can then have these filled for you while you are in surgery - this is much easier than stopping on your way home from surgery and waiting in line....not fun. We always suggest that your caregiver bring these medications back with them so that the recovery nurse can go over the medication schedule with them and explain all the different meds you will be taking. The caregiver will also be responsible for writing down what they give you and at what time it was taken on our medication schedule sheet that is given to them in recovery.

MEDICAL RECORDS

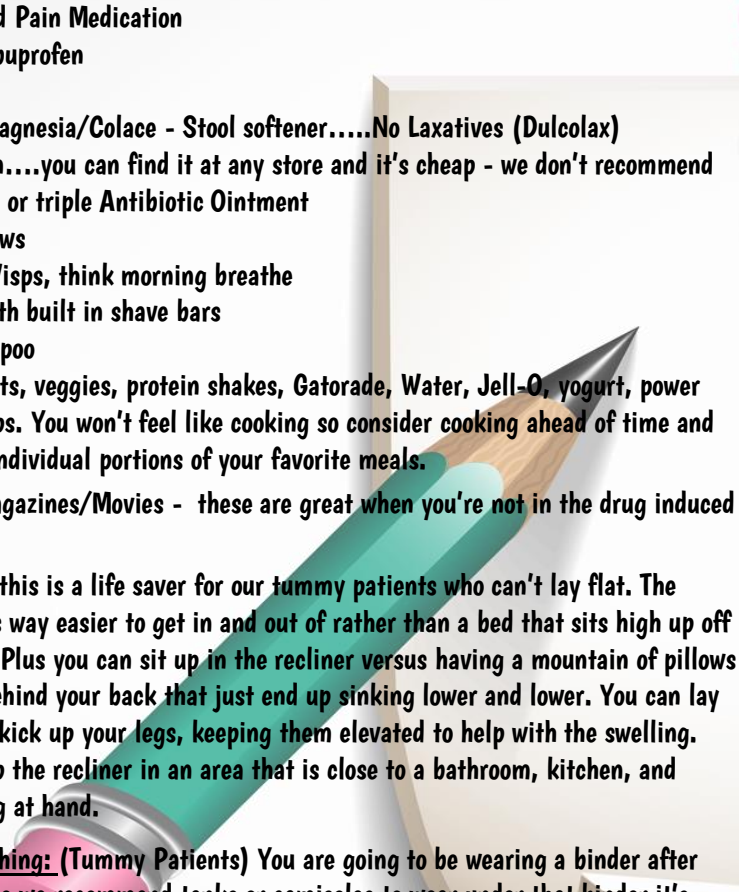
Sometimes our office requires your medical records be sent to us from another doctor's office - this is known as a continuation of care. If Dr. Barnett feels that he needs records from another provider's office, we will have you fill out a medical records release form. We will then fax it over to the other provider. It is your responsibility to check back with us periodically to see if those records have been received. If we do require these records, they need to be received in our office prior to your pre-op appointment so there is no delay in your surgery. The office fax # is 801-689-3505.



YOU SHOULD KNOW: There is a difference between taking prescriptions "as directed" and "as needed". "As directed" medications are taken for a set period of time until they are all gone. For example, your antibiotics or Medrol dose pack. "As needed" medications are taken to treat a symptom. For example, your pain pills, nausea medication and muscle relaxers. If you don't need them, great! If you do need them, only take them as instructed on the bottle.

SURGERY MUST HAVES.....

THIS IS OUR "WE THINK OF EVERYTHING LIST"

- 
- Prescribed Pain Medication
 - Tylenol/Ibuprofen
 - Ice packs
 - Milk of Magnesia/Colace - Stool softener.....No Laxatives (Dulcolax)
 - Bacitracin....you can find it at any store and it's cheap - we don't recommend Neosporin or triple Antibiotic Ointment
 - Flexi Straws
 - Colgate Wisps, think morning breathe
 - Razors with built in shave bars
 - Dry Shampoo
 - Fresh fruits, veggies, protein shakes, Gatorade, Water, Jell-O, yogurt, power bars, soups. You won't feel like cooking so consider cooking ahead of time and freezing individual portions of your favorite meals.
 - Books/Magazines/Movies - these are great when you're not in the drug induced coma.
 - Recliner: this is a life saver for our tummy patients who can't lay flat. The recliner is way easier to get in and out of rather than a bed that sits high up off the floor. Plus you can sit up in the recliner versus having a mountain of pillows stuffed behind your back that just end up sinking lower and lower. You can lay back and kick up your legs, keeping them elevated to help with the swelling. Also, keep the recliner in an area that is close to a bathroom, kitchen, and everything at hand.
 - Extra clothing: (Tummy Patients) You are going to be wearing a binder after surgery, so we recommend tanks or camisoles to wear under that binder it's much more comfy. For gynecomastia patients (male) we provide you with a compression vest, but you can also get compression shirts like Under Armour to wear when the vest is in the laundry or under normal shirts.
 - Box of Kleenex: "Post-op blues" are pretty common. I think it's a combination of wanting to look and feel better right now, not in two weeks. Narcotic pain meds, social isolation and physical inactivity also don't help with the blues. Don't be embarrassed to let us know if you are feeling down. I didn't make the cheerleading squad in high school but I'm pretty good at pep talks!

- Dressings: Incisions leak, - it's a part of surgery, so be prepared. It's a good idea to have some gauze and tape around. After having surgical tape and gauze on for a few days your skin may get red, irritated or a rash can develop so (pay attention to this fun trick!).....tada...**MAXI PADS or PANTY LINERS**. Maxi pads are great for tummy patients. They are absorbent, plus you can line your garment or binder with them using the sticky stuff on the back. Panty liners are great for breast patients. You can stick them in the bra over the incision no tape needed, voila!
- Wet Wipes, baby powder/Shower to Shower: these are essential, especially for tummy and breast patients, because you will not be able to shower for a few days, sometimes longer.
- Go Girl: If you are having a tummy tuck or lipo this is a **MUST** and probably something you have never heard of. Well, you're in luck! This handy little device is the next best thing to sliced bread. After your procedure you are in not-so-attractive compression garments that, yes, have a hole cut out in the crotch. It's rough pulling the garment up and down, plus you really don't want to do it that much. With your Go Girl, (to me it looks like an oil funnel) you just stick it into that little crotch hole, and you won't have to worry about peeing all over yourself or the garment.....You're Welcome!
- Arnica: Homeopathic Arnica has been used for centuries to treat bruising and swelling from soft tissue injury. Arnica, which is offered both topically and orally, is ideal for any surgery, but most commonly used for facial procedures, such as a facelift, eyelid or nose surgery. This remedy is also perfect when getting fillers and injectables like Botox, Restylane, Radiesse, and Juvederm.
- Pillows and blankets
- Paper plates/cups, plastic silverware: who wants to do dishes while recovering?

Chores Checklist – Tying up loose ends before surgery:

Keep in mind that you are going to be out of commission for the next couple of weeks after surgery. There is no doubt that you will need food, medication, and other items during your recovery from surgery. Run these, and any other errands, a day or two before surgery.

•**Grocery shopping:** Try to buy at least two weeks worth of groceries. Purchase foods and drinks that will be easy on your stomach and easy to prepare.

•**Organize the fridge:** Lets be honest I don't even do this in my daily life.... but bending to get that apple out of the crisper might be a challenge. Also, if you buy milk, buy half gallons rather than full gallons, which are much easier to lift.

•**Stop by the Pharmacy:** Be sure to fill any prescriptions (regular prescriptions) and pick up any necessary recovery supplies such as gauze, bandages, and medical tape.

•**Mow the lawn:** You won't be pushing around that lawnmower for a few weeks so unless you can pay the neighbor kid to mow the lawn, get it done before surgery.

•**Entertainment:** However you get your fix, find some things you know you'll enjoy. Whether it's DVD's or adding to your Amazon /Netflix library.

•**Tie up any loose ends at work:** Make sure to schedule a full week or two off work. In the days before surgery, you will need to tie up any loose ends so you can focus on your recovery. And don't plan on working in bed for the first couple of days.....pain meds + work = disaster!

•**Clothing:** Get those old jammies out! The first few days after surgery you may ooze a little from incisions. Loose sweat pants or yoga pants are comfy after surgery. You'll also want a loose button up shirt or zip-up hoodie to be able to put on in recovery. You really won't feel like lifting your arms to pull a shirt over your head, especially breast patients. Rompers are great - they are easy for the patient and nurse to pull up and put on. Make sure you have slip on shoes or slippers - the less bending the better.



Regular Household Chores - Taking care of these chores a day or two before surgery will help you to focus on healing in the coming weeks after surgery.

•**Laundry:** Wash all your clothes, sheets, and towels. Be sure to keep a few extra towels, pillowcases, and sheets easily accessible in case you need them while you heal.

•**Change the sheets on your bed:** Put your crappy sheets on the bed. Your wound(s) may weep/leak onto your bedding in the short term so if you can, sleep on some not-so-special sheets for a while. But we highly recommend sleeping in a recliner while you recover, so throw an old fitted sheet over the recliner in case of leakage.

•**Clean the house:** Make sure the house is clean before you undergo surgery. You'll want a clean environment, free of clutter, for your recovery.

•**Clean up your pet area:** If you have a pet, clean up the pet's area and make sure you have enough pet food for your recovery period.

•**Think about stairs:** We don't recommend that you try to climb stairs the first few days after surgery, especially while medicated - falling could be disastrous. Consider setting up a comfy place to sleep on the main level and make sure you can get to a bathroom easily.

•**Purses:** Ladies, we love our purses and most of us "take the kitchen sink" in ours daily. But after surgery this will not be a good time to lug that thing around. Go through your purse and be "brutal" - if it's not a necessity, then ditch it.

GLAM DAY.

Let's face it after surgery you feel like a Mack truck ran you over, then it hit reverse and backed over you just to make sure it did the job! After surgery you aren't going to feel like doing much, let alone really care what you look like.....

We all have our beauty routines, and rarely do we let anything come in between our hair/nail appointments. But after surgery those routines are really going to SUFFER. Better to be prepared in advance before "going under the knife". Here are just a few suggestions:

- Get a good haircut.
- Color your hair – If you see roots then so will everyone else while you are recovering.
- If you are having a face lift or browlift make sure to color your hair a couple days before surgery and get a couple of shampoos in. It will be about a month or longer before you can color it again.
- Get a manicure or pedicure so your nails don't drive you crazy while you recover. Just remember when switching out nail polish color light colors or even clear work best when you are hooked up to the monitors.
- Make time for a massage (spa day).
- Facials (this is a no-no after a face procedure).
- Laser Hair removal.
- Eyebrows – waxed, threaded or plucked.
- Finally – trim up the downstairs.....you won't be shaving for a bit, so think about getting a wax a few days before your procedure.



Day Before Surgery

Eat healthy and drink LOTS of fluids today - and by lots of fluid we don't mean alcohol!

Surgery Time: Our office will call you the day before your surgery to let you know what time you need to be at the office the day of surgery. If you have not heard from our office by 3:00 pm the day before surgery give our front desk a call.

Caregiver confirmation: Let your caregiver know what time you need to be at the office on the day of surgery, also make sure they know how to get here and that they will be taking care of you for the next 24 hours or longer.

Transportation: Make sure you have a ride arranged to and from surgery and that you have a car that is easy to get in and out of.

Remove all jewelry and piercings: We ask you do it the night before so that no valuables are brought to the office, we are not responsible for missing or lost belongings.

A few things to bring with you: Drivers license and insurance card - give these to your caregiver so they can fill your prescriptions. Eye glasses and glass case, (no contacts). A pillow and blanket to keep in the car so you're more comfortable on the ride home. Breast patients need to wear or bring a button up shirt or zip up hoodie.

DO NOT EAT OR DRINK ANYTHING after midnight tonight!! **This includes candy, gum and mints.** A small amount of water in the morning to brush your teeth is allowed, but do not swallow. Don't take any regular medications in the morning - this can wait until after surgery.



Day of Surgery

You haven't: Eaten or had anything to drink since midnight last night, including your regular medication.

You took: A very thorough shower this morning - remember to wash your hair and shave!

You didn't: Apply any lotion, deodorant, makeup, perfume or hairspray.

You're wearing: Loose fitting clothing, with a loose button up or zip up shirt, slippers or slip on shoes that are easy to walk in.

You're giving: Yourself and caregiver enough time to get to the office on time.

You have: Your ID, insurance card, eye glasses and case, no valuables or jewelry, plus a pillow and blanket in the car.

You're taking: A car that's easy to get in and out of and you're not riding home with someone that has to use a ladder for their monster truck.

No Taxis!! (Uber, UTA, car service): We've had patients who want someone to drop them off for surgery and then would like us to call a taxi to take them home. **Don't even think to ask!** The surgery center cannot, and will not, release you to some random taxi driver that just pulls up and honks. If you absolutely don't have anyone that can drive you and stay with you at home after surgery then let us know, we can hook you up with reliable home health services that are reasonably priced.



Day After Surgery

Drink Up: Hydration is crucial after surgery. Drink at least 8 oz. of fluid every 2 hours, such as water or Gatorade. Stay away from soda pop and alcohol as these dehydrate you more. If you're not peeing every couple of hours, then you're not drinking enough.

Rest: We want you to rest and relax, but don't stay in bed. It's going to be rough getting up and you aren't going to feel like it, but it's so important that you are walking under your own strength, with your caregiver next to you. Get up at least every 2-3 hours, walk around and make sure to use the bathroom.

Elevate: We can't say it enough: we recommend staying in a recliner, that you're elevated at a good position, with your knees elevated as well. It tends to be easier to get up and out of the recliner. If a recliner is not an option, make sure you have plenty of pillows behind your back and head and don't forget under your knees.

Stay On Top Of Your Meds: Our recovery nurse will give you a schedule on how to take your meds after surgery. Don't let your pain get out of control because it will be difficult to get it back under control. Take your medications as instructed.

Eat A Light Meal: After surgery you really won't have much of an appetite for a couple of days, but you should eat something. Start off with Jell-O, saltine crackers, toast, soup, or protein bars. Watch your salt intake as eating salty foods increases your swelling.

Don't Smoke: Smoking will greatly hinder proper healing after surgery. Be careful around second-hand smoke as well. A caregiver that smokes also affects your healing.

Garments: After surgery you will be wearing some sort of garment, whether it's a bra or a compression garment, around the clock, except if showering. **Breast patients remember: NO underwire for 6 weeks.**

Who ya gonna call???

Even though surgical procedures are seen by us on a daily basis, and we are calm, cool, and collected (sometimes), this is a whole new world to you. We would much rather you call us with questions - yes, even silly ones - because you never know - maybe that silly question is, in fact, a big deal.

5 REASONS TO CALL OUR OFFICE After Your Surgery

- 1. You can't remember exactly what was said in recovery.** Well, funny thing! We don't expect you to remember what was said. That is why we tell you to have the same caregiver throughout your recovery, especially when it comes to your medication schedule. If you have questions call us.
- 2. You're not sure when you can go back to certain activities.** For the first few weeks you will have some restrictions. For example:
 - Breast Augmentation: Lifting Restrictions are no more than 5-10 pounds for the 1st week and absolutely **NO UNDERWIRE BRAS** for 6 weeks.
 - Abdominoplasty: Lifting restrictions are no more than 5 pounds for the 1st week. If you can't remember what your restrictions are, give us a call.
- 3. You have an area that you are concerned with.** It's completely normal for some areas to heal differently than others. However, if you are concerned, we would rather you call us than sit and worry. Let us know what is going on and if we think it sounds suspicious, we will either have you come in or have you send us a picture so we can take a look. Better safe than sorry.
- 4. You feel way worse than you anticipated.** Most likely this is temporary, and tomorrow is a new day. However, if your overall experience just feels a little off from the information, we gave you during your consult and pre-op appointments, give us a call. Usually we can figure out over the phone what you may be experiencing, and we may have a few little tricks that could help you get back on track.

*Only rely on the advice of your own doctor who is familiar with your medical history and care.
Always call your doctor's office with specific medical questions.*



5. MOST IMPORTANTLY Warning signs you shouldn't avoid! Call our office immediately at 801-689-3500 or go to the nearest ER if you have any of the following:

- A high fever (over 101), severe nausea & vomiting, dizziness or incoherent behavior such as hallucinations.
- Any pain that can't be controlled by your pain medication
- Bright red skin that is hot to the touch
- Excessive bleeding or fluid seeping through the incisions
- One breast that is much larger than the other or bruising that is localized to one breast or region of the chest.
- Inability to urinate
- A suspected reaction to one of your medications
- Calf pain or swelling, chest pain or trouble breathing

If you are calling after business hours, please contact our answering service at: (801) 625-3380.

SHOWERING AFTER SURGERY

This is an area where patient's and caregivers get confused, so let us help.

We recommend that you don't shower until after you have come in for your post-op visit with Dr. Barnett. You will have surgical bandages on and those will need to come off before the 1st shower, which is why it is so important to come for that post-op appointment. If you have drains in, then showers are off limits until the drains come out and Dr. Barnett gives the OK.

When you do finally shower you will need some help from your caregiver, so pick your caregiver wisely. This is in case you get dizzy (which happens 99% of the time). A chair comes in handy, especially if you've had an Abdominoplasty. If you have a seat built in to your shower, you're in business. If that's not an option you can purchase a shower chair, but we suggest just grabbing an outdoor plastic chair (sanitized of course), stick that in your tub or shower, and boom!not super-glamorous, but it works. Take a seat in the chair before taking everything off because once those garments or dressings come off you will get woozy. If we put a light dressing on you then take it off - go slow while doing this.

Shower gently - remember you just had surgery. Now is not the time to take that long, hot shower, either because once the steam hits you may feel light headed and nauseous. It might be easier just to let the soap run down your body while you wash your hair instead of getting your lather on! After you get out of the shower, gently pat yourself dry. Then you can apply new dressings - this is where the gauze or Maxi pads you bought come in handy. Afterward put your bra or surgical garments back on, along with your comfy clothes. Done! Don't be surprised if the whole process takes a good hour or so.



Can you bathe instead of shower???.....NO!! Soaking your incisions can soften them to the point of splitting the incision back open, in addition, bacteria loves warm, wet places so your bathtub is a perfect breeding ground for infection. If you have a trip coming up and are planning on being in the ocean remember what could be floating around in the water. Best to play it safe.

THE GOOD THE SAD AND THE ANXIOUS. . . .

Get ready for an emotional ride.

Ready or not, your emotions are going to feel out of control while you recover. One day it might be like a gentle kiddie ride and the next minute a full fledged "Full Throttle" coaster at Six Flags. If you and your caregiver are aware of this loop de loop and are aware that you will have a few up's and down's, then it could make this post-op time a little easier. Having a positive mental attitude and positive people around makes a huge difference during recovery.

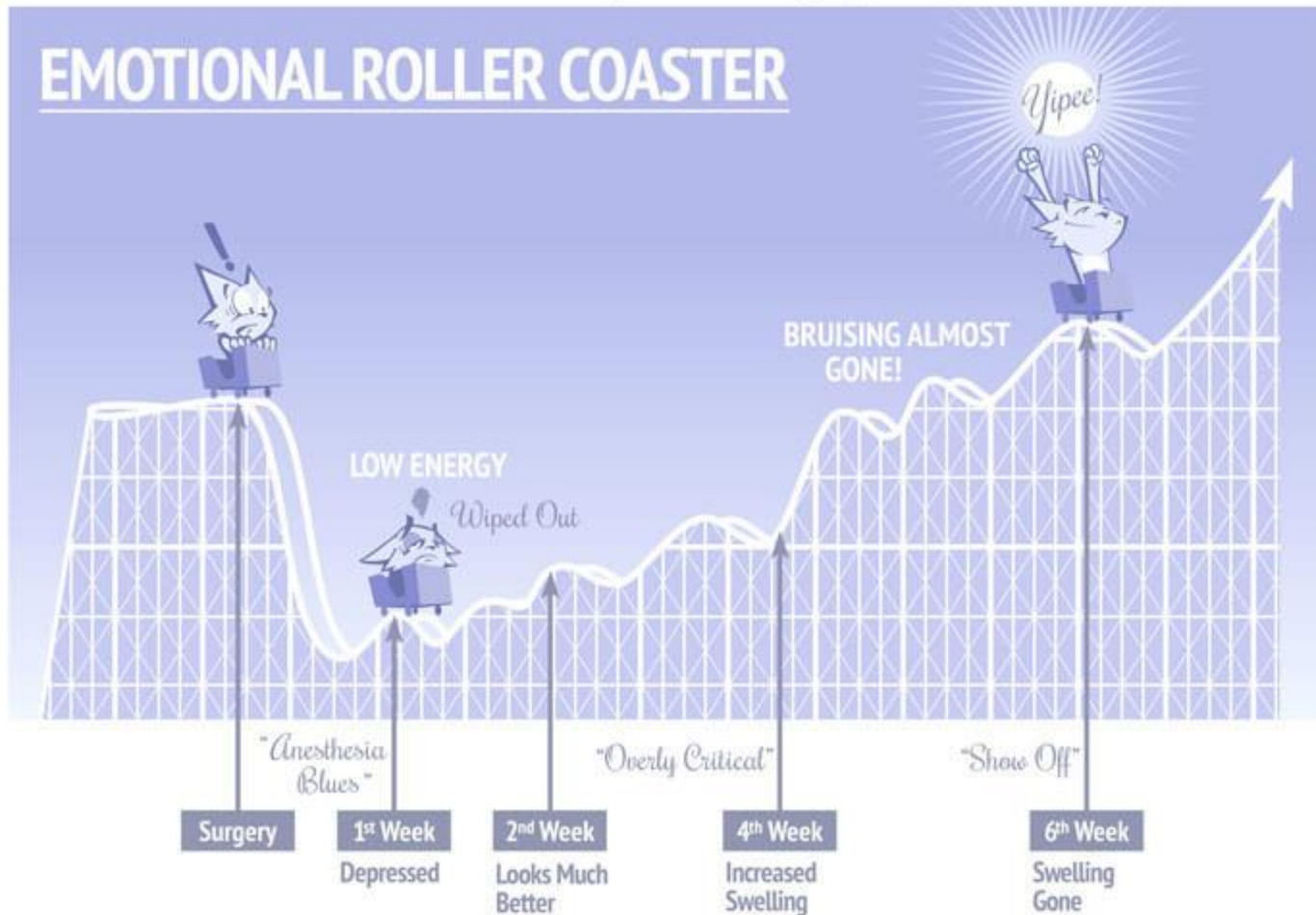
We know that surgery affects everyone differently. The most common reaction is to be excited, but uncomfortable for the first few days. Then your rollercoaster suddenly drops, and you are feeling down in the dumps because you're not feeling or looking the way you want. This typically happens around the 3rd to 5th day after surgery. You start second guessing your decision and asking yourself "did I make the right choice?" or you feel stupid for having the procedure. It doesn't help if the people who are caring for you are also making you question your decisions. Even if you are a pretty easy-going person you may find yourself crying for no reason or over the smallest little things. Ladies, think of it as the "baby blues".....this is so completely normal.

Procedures with longer recovery times, such as tummy tucks, tend to go through more of an emotional roller coaster during the recovery period. Most patients feel like they are going crazy, and this up and down may even start to take a toll on your caregiver. You will think that you are looking pretty rough even though we tell you that you are healing great.....**TRUST US** - we do this for a living and we will always share with you any concerns. When we tell you that everything is healing normally, then it is. Things do get better - there is always that recovery hump. You will hear us say this a lot.....just give it time and have patience.



What to expect after surgery

EMOTIONAL ROLLER COASTER



LET'S TALK ABOUT DRAINS:

The Jackson Pratt drain (JP drain) draws out fluid that collects under your incision (surgical cut) after your surgery. It has a soft plastic bulb with a stopper and flexible tubing attached. The drainage end of the tubing (flat white portion) is placed into your surgical site through a small opening near your incision. A stitch will hold it in place. The rest of the tube will extend outside your body and will be attached to the bulb. When the bulb is compressed (squeezed) with the stopper in place, a constant gentle suction is created. **The bulb should be compressed at all times, except when you are emptying the drainage.** How long you will have your drain? This depends on your surgery and the amount of drainage you're having. Everyone's drainage is different. Some patients drain a lot, some only a little. **The drain is usually removed when the drainage is 40mL or less over 24 hours.** You will record the amount of drainage in the drainage log. It's important to bring the log with you to your follow-up appointments.



Caring for your Jackson-Pratt at home will involve the following:

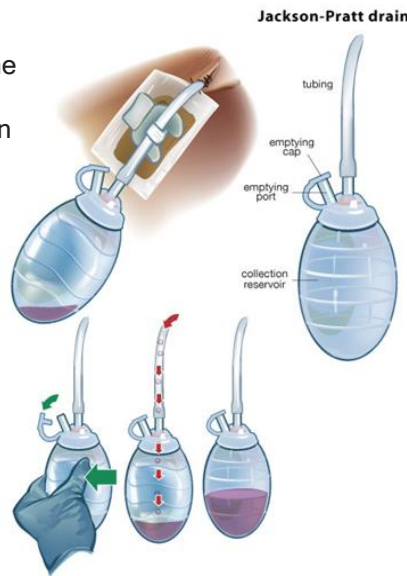
- "Milking" the tubing to help move clots. (see below)
- Empty the drain every 6 hours and record the amount of drainage on Drainage Record.
 - If you have more than 1 drain, make sure to measure and record the drainage of each one separately. Do not add them together.
- Caring for your insertion site. Make sure the area is clean and always use gloves around any incision site.
- If at any time, your drain is pulled from the incision site **DO NOT PUSH THE TUBING BACK IN**, call the office asap.

"Milking the tube"

These steps will help you move clots through the tubing and keep the drainage flowing. Milk the tubing before you open the stopper to empty and measure your drainage. You should also do this if you see fluid leaking around the insertion site.

1. Clean your hands. Gloves are best.
2. Pinch the tubing close to where it goes into your skin between the thumb and forefinger of your hand. This will help to make sure that you're not tugging on your skin or pulling the drain out.
3. Keeping your fingers pinched; slide them down the tubing, pushing any clots down toward the drainage bulb.

*Repeat steps 3 and 4 as often as necessary to push clots from the tubing into the bulb. Do not leave clots in the tubing.



Emptying your Jackson-Pratt drain and recording the drainage:

You will need to empty your drain every 6 hours sometimes more depending on the output.

1. If the drainage bulb is attached to your surgical bra or wrap, first unhook it from there.
2. Unplug the stopper on top of the bulb. This will cause the bulb to expand. Do not touch the inside of the stopper or the inner area of the opening on the bulb.
3. Turn the bulb upside down, gently squeeze the bulb, and pour the drainage into the measuring container.
4. Turn your bulb right side up.
5. Squeeze the bulb until your fingers feel the palm of your hand.
6. Check to see that the bulb stays fully compressed to ensure a constant gentle suction.
7. Do not let the drain dangle.
 - a. Attach the drainage bulb to your bra. If you are wearing a wrap, attach the drainage bulb to the wrap.
 - b. A fanny pack or belt bag may be helpful to hold the drain.
8. Check the amount and color of drainage in the measuring container. The first couple of days after surgery, the fluid may be dark red in color. Totally normal. As you continue to heal it may appear pink or pale yellow.
9. Record the amount on your Drainage Record.
10. Flush the drainage down the toilet and rinse the measuring container with hot water.
11. At the end of each day, add up the total amount of drainage for the 24-hour period and record it on the drainage record. If you have more than 1 drain, measure and record each one separately.

Did you say...LIFT

You need a "Lift" or "Extended Scar" hearing those two words can be like finger nails on a chalkboard to some patients. Most patients hear this and their mind automatically goes into overdrive about "how ugly", big, or how "everyone will see my scar". Trying to calm your fears of the "dreaded" scar comes with the territory. It is our job to make sure you, as the patient, understand why Dr. Barnett recommends these procedures.

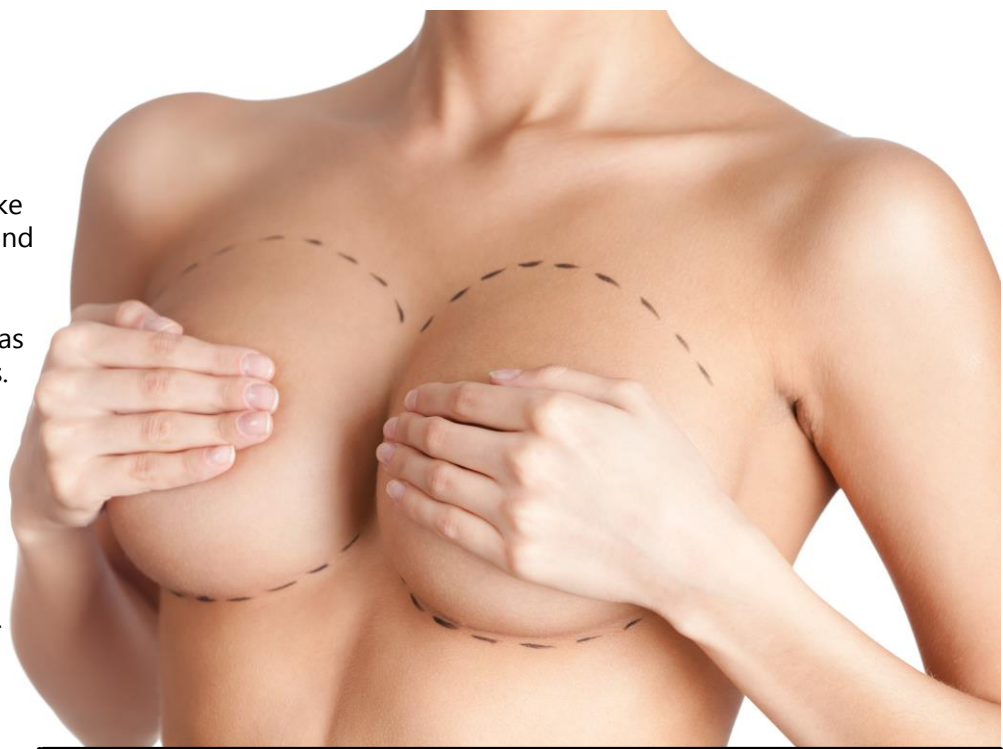
After surgery patients also play a vital role in being proactive with scar management. Three things to always keep in mind about scars and the healing process are:

1. Surgeon Skill – Another reminder of why doing your research when choosing a surgeon is key.
2. Patient's – how well you as the patient take care of your incision after surgery. Scar creams, silicone sheeting, vitamin E, whichever you choose to use can start being applied 6 weeks after surgery.
3. Genetics – Your genetics have a huge impact on how you heal, and you have no control over that.

If a patient tells me that they don't care about the scar, I typically let them know that Dr. Barnett takes a lot of pride in his work as a surgeon. We really want them to take care of that incision line for the best result because they will be showing friends and family who DO care about the scar. A few recommendations we have are:

- Stay out of the sun. Tan skin does not heal very well so if you're planning a beach vacation a month after surgery you may want to take that into consideration.
- Scars take 1 year to reach maximum healing maturity. If, after that year, Dr. Barnett doesn't like the looks of your scar then he may choose to revise the scar. But again, he will wait a full year before he makes that call.

There is no such thing as "scarless" plastic surgery, despite all the misinformation out there. Think of it this way - it's not possible to create an incision to the skin without leaving a scar. Scars however, may vary in quality and visibility. As a plastic surgeon, an important part of every surgery is scar placement so that over time the scar is less obvious.



Keeping the swelling at bay.....



A common patient complaint, especially after having a tummy tuck or liposuction surgery, is that they are "puffy" or heavier than before the surgery. Another one we hear is "my belly still pooches; this will go down...right?"

Yes, the swelling will go down, but in its own time and all you can do is have patience.....if you're anything like me. patience is not one of my strengths but getting upset over something you have no control over will not help the process either.

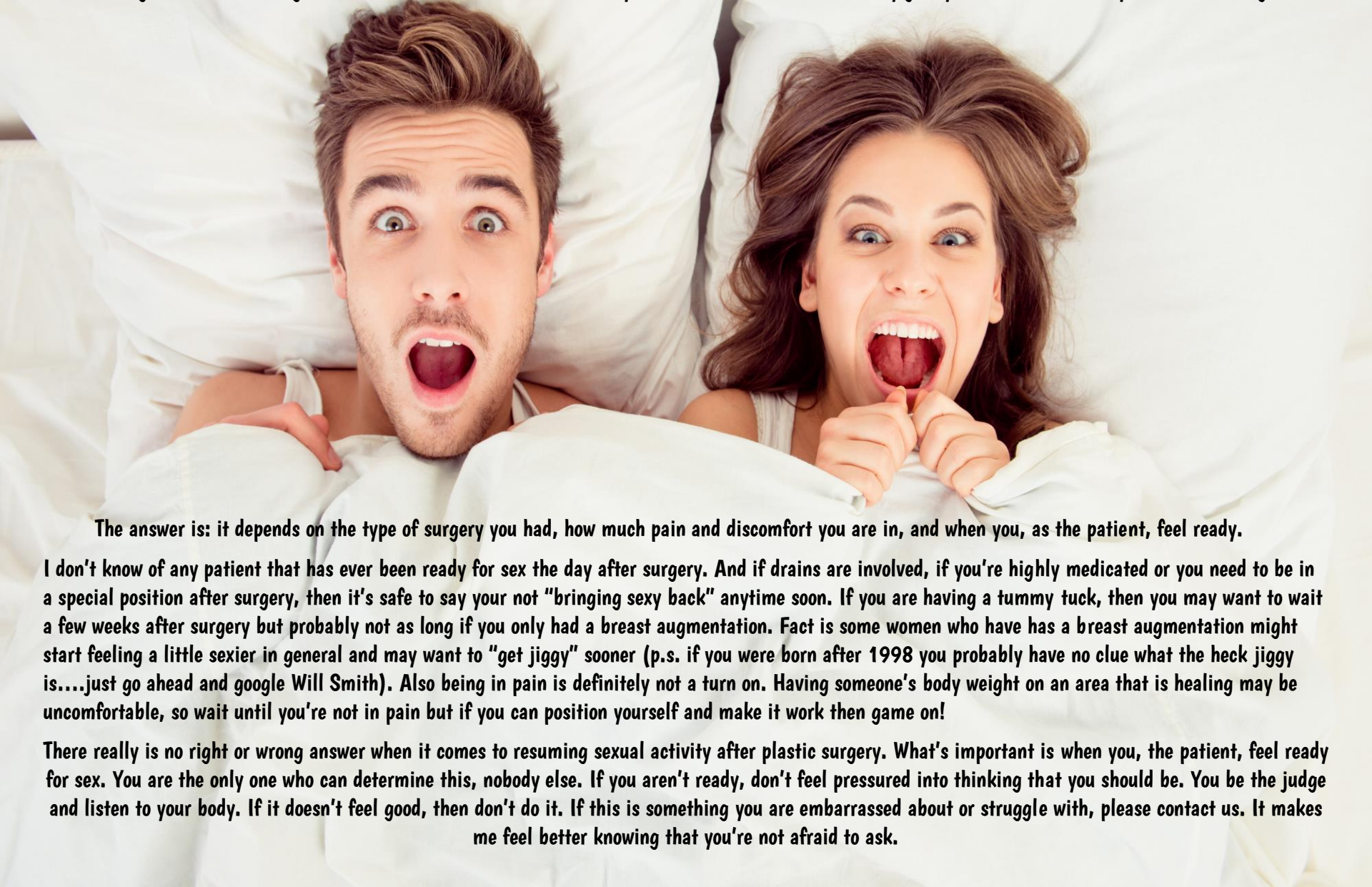
Here are a couple tips to keep the swelling at bay:

- Avoid salty foods
- Keep wearing your compression garment 24/7. We also recommend you wear them for 6 weeks after surgery.
- Light physical activity, such as walking

One thing you should always avoid is taking a diuretic. This will not help with the swelling, but it will cause dehydration, which in turn sets you back with your swelling.

Let's get Physical.....and what I'm talking about doesn't require leg warmers!

Every now and then a patient or their spouse will ask when they can resume sexual activity. And some brave souls will dare ask before surgery. Personally, I don't think we get asked this enough. Don't be embarrassed to ask because you're not alone and we're actually glad you did. So when can you resume having sex?



The answer is: it depends on the type of surgery you had, how much pain and discomfort you are in, and when you, as the patient, feel ready.

I don't know of any patient that has ever been ready for sex the day after surgery. And if drains are involved, if you're highly medicated or you need to be in a special position after surgery, then it's safe to say your not "bringing sexy back" anytime soon. If you are having a tummy tuck, then you may want to wait a few weeks after surgery but probably not as long if you only had a breast augmentation. Fact is some women who have has a breast augmentation might start feeling a little sexier in general and may want to "get jiggy" sooner (p.s. if you were born after 1998 you probably have no clue what the heck jiggy is....just go ahead and google Will Smith). Also being in pain is definitely not a turn on. Having someone's body weight on an area that is healing may be uncomfortable, so wait until you're not in pain but if you can position yourself and make it work then game on!

There really is no right or wrong answer when it comes to resuming sexual activity after plastic surgery. What's important is when you, the patient, feel ready for sex. You are the only one who can determine this, nobody else. If you aren't ready, don't feel pressured into thinking that you should be. You be the judge and listen to your body. If it doesn't feel good, then don't do it. If this is something you are embarrassed about or struggle with, please contact us. It makes me feel better knowing that you're not afraid to ask.

Orange is not a good look for me. . . .

Our jobs are important to us and we all have to make a living somehow. Most employers offer their employee's vacation or sick leave to help "keep the lights on" during an absence. Some patient's don't receive this benefit or they have already exhausted their time off thus they seek alternative ways to secure their job and funds.

We are often asked to fill out FMLA paperwork or short term disability paperwork for a patient who will then submit this to their employer. Here are a few things you need to know and be aware of about the forms you want us to fill out.

What is FMLA & Short Term Disability?

- The Family and Medical **Leave** Act (FMLA) is a labor law requiring larger employers to provide employees unpaid **leave** for serious family health issues. Such qualified medical and family reasons may include adoption, pregnancy, foster care placement, family or personal illness, or military **leave**.
- **Short term disability** and FMLA are two distinct entities, although both may apply when an employee needs to take **leave**. **Short term disability** is an insurance program that replaces a portion of income when an employee is unable to work due to a covered accident or illness.

What is the difference between FMLA & Short Term Disability?

1. FMLA stands for Family and Medical Leave Act while Short Term Disability means a period ranging from a few days to a few weeks during which a person is unable to attend work due to their medical condition.
2. FMLA is a federal act and is mandatory for all eligible employers to honor it, while Short Term Disability is the employers decision and not mandatory.
3. While FMLA guarantees the employee unpaid leave of 12 weeks, Short Term Disability provides the employee with financial compensation.
4. FMLA guarantees the employee their job upon return from leave while Short Term Disability does not provide a guarantee.

If you are having surgery and ask that we submit paperwork to your employer please be aware that the employer will ask for procedure codes and descriptions for the type of surgery you are undergoing. If surgery is for cosmetic purposes, you are responsible to verify with your employer before you have surgery; if the type of surgery you are having qualifies under either of these acts. If you feel that your surgery should be submitted to your employer as a medical issue please note Dr. Barnett and our nurses will never alter the description of your cosmetic surgery just to help you secure your job and financial compensation.





DON'T BE FOOLED BY IMITATIONS



Believe it or not, there are doctors out there who are practicing without the proper surgical training and who try to sell the unsuspecting public cosmetic surgery procedures, and yes, it happens here in Utah. There is no law against a doctor performing a surgical procedure, but buyer beware. We always tell our patients to do their research on every doctor you may consider.

Do you see that logo up there? Did you know that logo is a sign of protection for you? When you see that logo, it helps you, the patient, become aware of the credentials of the doctor you are considering. This logo lets you know that the doctor has specialized training in this particular scope of practice, and that the doctor attends continuing education courses each year to stay current with his license.

Finding a doctor with these credentials doesn't guarantee a successful outcome, but when you choose an ASPS member surgeon, you can be sure of this, they:

- ✓ Have at least 6 years of surgical training, with 3 years specifically in Plastic Surgery.
- ✓ Are certified by the American Board of Plastic Surgery.
- ✓ Operate only in accredited medical facilities.
- ✓ Adhere to a strict code of ethics.
- ✓ Fulfill continuing education requirements, including patient-safety techniques.

When considering surgery and choosing a surgeon, remember there is a difference between a board-certified plastic surgeon and a board-certified cosmetic surgeon.

Now you'll know to always look for that logo. And just as an FYI, Dr. Barnett is Board Certified with the ASPS and Alpine Surgical Center is accredited with the Joint Commission (JCAHO), which is an additional bonus.



Last, but certainly not least.....

I hope that you've enjoyed reading our tips guide and that it's been helpful as you prepare for surgery. I would love to hear feedback from you, our patients. Let me know what you liked or what suggestions you have for our office that could possibly be helpful to future patients. Send me an email with your ideas to: alece@alpineplasticsurgery.com

Also remember "sharing is caring". We love patient referrals - it says to us that we are doing something right and that you trust us with a special person in your life. So give those friends "something to talk about" - tell them about us!



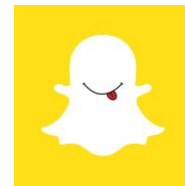
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