

A NOTE ON YOUR RECOVERY

HEALING — BODY & MIND

GIVE YOURSELF TIME

You have finally scheduled the procedure you have likely waited a long time for — and now the healing process asks for a little more patience. Healing happens at different rates for different people, and it is important to allow yourself the time to heal. It is natural to be eager to see your results, but keep in mind that patients often look worse before they look better. Understanding your overall healing process will help these very normal feelings make sense at every phase of your journey.

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TRUST THE PROCESS

Sharing your experience with friends and family can build a wonderful support system during recovery. Be aware, though, that their concerns — however well-meaning — may cause you to question your decision. You may not be satisfied with your appearance the day after surgery, even as we can see that you are healing beautifully. We encourage you to trust us at every stage of your recovery.

YOUR ROLE IN HEALING

Your healing depends on many things: your general health, your willingness to follow instructions, and your mental attitude toward recovery. Our team can perform the surgery, but we cannot “heal” you — that part is yours. Being an active participant helps your body heal as well as it possibly can. Following our instructions closely, and working with us to address any complications, matters enormously. Even a surgery done exactly right can encounter complications during recovery, and every person heals differently, even after the same procedure.

WE HEAL AS A TEAM

Please approach your surgery — and especially your recovery — with the mindset that we are a team, and you are an essential part of it. We must trust one another, working toward a common goal: your successful result. We love what we do and strive for an ideal outcome in every patient’s journey. We look forward to healing, body and mind, together.

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