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**Procedure Post-Op Care Tips**

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SAN FRANCISCO, CA, October 03, 2008 **/24-7PressRelease/** -- Many people have the mistaken impression that [cosmetic surgery](#) is not real surgery at all. Since the procedures are often not medically necessary in most cases, they are perceived to be lower risk. However, that is not the case; procedures like [facelifts](#), [abdominoplasty](#), [rhinoplasty](#), and even [liposuction](#) are invasive procedures that require anesthesia. Unlike other types of surgery that may be performed on an emergency basis, cosmetic surgery allows you to plan well ahead of time for planning for post-op care.

Each surgery is different, will take longer for the procedure, and will have differing recovery times. Your doctor will be able to give you an approximate time you'll need to plan on for recovery. Make sure that you take enough time off work for the procedure that you are undergoing. After a full facelift procedure, you can be back to work in a few weeks, however, it may be several months before you fully appreciate the desired results.

By ensuring that you take enough time off work, find someone to manage the kids, and prepare a recovery space ahead of time, you can lower postoperative stress. Make things easy on yourself by creating a recovery space for when you get home. An outpatient procedure will usually require arranging for someone to drive you home. Arrange your room to have all the necessities nearby. Make sure medications, dressings, water, and the phone are near at hand and readily available. If you live by yourself, you should make arrangements to have somebody stop by and check in on you just in case of emergency.

Regardless of the type of procedure you have, your recovery plan should include plenty of exercise. The days are long gone where a surgery means plenty of rest and recuperation; you are usually dragged out of bed as soon as you wake up from anesthesia. Walking helps improve circulation and speed recovery times. You want to ensure that the effected area gets plenty of oxygen to it. Walking to and from the bathroom doesn't count, you need to walk some distance to get the benefits you need.

After surgery, it is especially important to eat a proper and well balanced diet. Make sure you include plenty of proteins for rebuilding tissue and carbohydrates for energy consumption. Drinking a lot of water is also highly recommended during recovery. Avoid junk food and sodas. Food with no nutritional value can actually make you feel worse as the body pushes resources to the recovering body part and neglects other areas.

Finally, don't smoke. Smoking restricts blood flow and slows healing. It also reduces the amount of time you can effectively exercise by reducing your lung capacity. Refrain from smoking for several weeks to ensure adequate recovery. You should note that the desirable effects of surgery can be drastically reduced if not completely wasted by continuing to smoke.

Since you can plan cosmetic procedures well in advance, you should have plenty of time to prepare yourself for postoperative care. A good diet, plenty of exercise, and following the cosmetic surgeon's instructions will ensure the best possible results for your new, more aesthetically pleasing appearance.

If you would like to learn more about ways to recover after your cosmetic surgery and are in the San Francisco, California area, [please contact Dr. Randall Weil](#).