



Beaches Facial Plastic & Nasal Surgery Center

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EXPECTATIONS & EMOTIONS

Having facial plastic surgery is a very important decision and certain emotions may arise prior to your procedure including EXCITEMENT, ANXIETY, and FEAR. Feelings of RELIEF, HAPPINESS, SADNESS, ANGER, or INSECURITY may occur afterward. Remember that feeling sadness post-operatively is normal. Realize this experience may not happen to everyone but it is better to be aware. Be patient and think positive as it promotes better healing and relaxation. Wait out your healing period before passing judgment and follow post-operative instructions diligently to increase the likelihood of a great result. Try not to let stress and anxiety affect you because it can only make matters worse.

Remember that:

A. I will be:

- Sore
- Tired
- Irritable
- Unsure
- Possibly Depressed
- Bloating
- Bored
- Anxious
- Restless
- Unable To Sleep At Times
- Be Asymmetrical
- Be Crooked
- Be Swollen
- Be Bruised or Red
- Be Tender To The Touch
- Experience Sharp Pains
- Be Numb
- Be Firm Or Hard
- Break Out With Acne
- Experience Irritation From The Tape, Sutures, Staples, or Anesthetic

B. During my recovery my face or treated area may:

We strongly encourage you to vent your frustration or sadness. You may have feelings of insecurity or anger and it is important that you do not take this out on your family, friends, and significant others. They are your support system. Remember to keep your chin up and let your body and mind heal.

Please realize that the daily subtle changes or flaws that you may see in the mirror may not be visible to others, as you are your own worst critic. Before and after photos are very important in comparing and seeing slight changes in your facial features. If you are still unhappy with your results after several months, feel free to approach Dr. Trimas with your concerns and dissatisfaction.

We will try our very best to make your experience as pleasant as possible.

Sincerely,

Beaches Facial Plastic and Nasal Surgery Staff