

Get Excited!

Today you should be all smiles!

This marks the final countdown to your big day with us, and more importantly the countdown to the new you.

Volume two of your "Live Beautiful" Surgical Journey is designed to prepare you for the days leading up to surgery and the days after.

We know this can be an exciting and sometimes anxious part of your journey, and we are here for every milestone! Plus, you have this handy surgical guide to reference.

Take a deep breath (in and out) and get excited for the new you!

FLEMING ISLAND SURGERY CENTER

"The mission statement of the Fleming Island Surgery Center is to achieve long-term growth and operational success by providing the community with health care services that (1) patients recommend to their families and friends, (2) physicians prefer for their patients, (3) purchasers select for their clients, and of which (4) employees can be proud."

Dr. William Wallace performs most of his surgeries at Fleming Island Surgery Center.
Aside from their record for great patient care and meeting all AAAHC requirements to be an accredited ASC (Ambulatory Surgery Center), their location is most convenient to our office.

It is important to note that Dr. Wallace is part owner of Fleming Island Surgery Center. This speaks volumes to how much confidence he has in performing most of his surgeries at this facility.

We are confident that all your expectations will be exceeded on your surgery day at Fleming Island Surgery Center!

Prior to your surgery you will receive information from your Patient Liaison to complete pre-registration forms online with Fleming Island Surgery Center. You can also visit www.OneMedicalPassport.com to complete your medical passport form.

If you are over the age of 50 you will be asked to also pre-op with one of their Anesthesiologists, from Fleming Island Anesthesia Group. At this pre-op they only perform an EKG, there is no blood work required. This is because your health and safety is just as important to them as it is to us.

You will receive a phone call from the center 1-3 days prior to surgery to give you an arrival time and the time of your surgery. (Arrival time is normally 1 to 1 1/2 hours prior to your surgical time.) Please make sure you have your caretaker and/or driver information readily available, as they will ask for this information.

DAY OF SURGERY ARRIVAL

A FRIENDLY NURSE WILL CALL YOUR NAME

In the pre-operative portion of your stay, you will be asked your name and date of birth as a way to verify that you are the correct patient. You will be weighed. The nurse will conduct a "nursing" history and physical. All of Dr. Wallace's patients are asked to perform a urine test prior to surgery. This is to test our patients for pregnancy and/or nicotine. The nurse will verify the name and information of the adult that will be responsible for taking you home. You will need to verify and sign your procedure consent and anesthesia consent. You will then be placed on a heart monitor, an oxygen sensor and a blood pressure cuff and an IV for medications. An anesthesiologist will come and talk with you. He/She will go over your medical information, ask questions related to your state of health, listen to your lungs and explain the plan of care for your anesthesia experience.

SIGN IN & HAVE FORMS OF ID

On arrival to Fleming Island Surgery Center, please sign in at the main desk. The receptionist will need to make copies of your driver's license, or other legal form of identification, & your insurance card(s).

SIGN CONSENTS

You will be called back into the business office to sign some general papers; A consent for treatment in our facility, ownership of the facility, HIPPA notification and any insurance and or billing paper work. Once you have completed the business office paperwork, you will sit in the waiting room until the nurses come to get you.

FLEMING ISLAND SURGERY CENTER
1670 EAGLE HARBOR PKWY. SUITE B
ELEMING ISLAND, FL 32003

904-644-0700

SELF CARE PLAN

Healthy Self = Heal Thy Self

The weeks leading up to surgery, we encourage all of our patients to make their health a priority. This includes your mental, physical and emotional well being.

YOU ARE WHAT YOU EAT

Its an old saying but still very true. Starting now and up to 4 weeks after your surgery, we encourage you to increase your protein and limit your sugar intake. Protein plays a vital role in recovery and wound healing. Sometimes, it is hard to do that with just food alone. We found that protein shakes are an easy and delicious way to add more protein to your diet. Because we want you to have a successful surgical journey we have provided you with protein powder to try that we recommend and a shaker bottle.

In the jar is a sample of protein that many of our patients love to use. It is made by TGS and is a Whey Protein. Whey protein is easier on those with sensitive stomachs to artificial sugars or with a lactose sensitivity, it also contains 9 of the essential amino acids for our bodies.

Check the back of the book for some staff favorite protein shake recipes!

TREAT YOURSELF

We want you to look and feel your best prior to the big day! Get your hair done, a blow out, mani & pedi, maybe a massage; whatever makes you feel pampered and relaxed.

Cosmetic surgery is not only physical it also requires a positive and relaxed state of mind.

The goal is to create some space and time for yourself prior to surgery.

However you choose to get centered, we encourage you to do so.

THIRSTY THURSDAY EVERYDAY HYDRATION IS KEY

Drink plenty of water or fluids with electrolytes the week leading up to your surgery. Beware of drinks with an increase of sugar and sodium. We suggest you get into this habit because fluid requirements after your surgery will be increased as well.

Alcoholic beverages are ok as long as you hydrate after a night out.

At least three days prior to surgery please refrain from any alcoholic beverages, as alcohol can increase bleeding risk.

DON'T SWEAT, SPARKLE.

It is ok to continue your exercise routine prior to surgery, but don't overdo it. Extreme exercising and diet prior to surgery can actually weaken your body, and we need your body rested (not fatigued) prior to surgery.

It is always a good idea to throw in a few yoga sessions to relax your mind and body. Yoga is a great way to release tension and toxins we all hold on to in our day to day lives.

PREPARING YOUR HOME FOR SURGERY

Making your home post surgical friendly will ensure a smooth recovery for you. Below are some recommendations our staff who has had surgery and even previous patients gave us that helped them after surgery.

NO REACHING ABOVE YOUR HEAD

Depending on the type of surgery you have chosen will determine your restrictions. Most breast procedures and even tummy tucks, we recommend no reaching or bringing your arms above your head. It is not only going to be uncomfortable to do but is vital to ensure proper healing.

Bring certain food items you will be eating regularly to a lower shelf, and products used in your shower. You shouldn't be doing too much during your recovery but anything used regularly needs to be easily attainable.

CHOOSING THE BEST AREA IN YOUR HOME TO RECOVER

For most surgeries, getting in and out of bed can be quite a task. We also do not want you straining or pulling yourself up, which is why we suggest the living room.

Usually a recliner works best because you can create elevation which is optimal for blood flow and use less energy when getting up to use the restroom. Remember you should be drinking extra fluids to minimize the chance of dehydration and regularly getting up and moving around decreases risk of blood clots.

Some of your prescriptions may cause dizziness or drowsiness, so please ensure you have a clear path to the closet bathroom and utilize your "live beautiful" supporter to help if you feel uneasy.

Make sure to have a table next to you with all of your prescriptions, snacks and water!

Rest nutrition and hydration is key, so make those items easy to reach.

PREPARE YOUR FOOD PANTRY

Your recovery will be much easier & more comfortable if you are prepared in advance. Below is a checklist of things we recommend for you to have ready the day you come home from surgery

- Easy to eat healthy snacks like protein bars, yogurt, fresh vegetables and fruit
- Protein Shakes
- Bottled Water or Electrolyte Drinks (watch out for high sugar and sodium)
- Saltine Crackers
 (with anesthesia and certain pain medications your stomach can become upset)
- Straws or a reusable straw
 (this will make drinking all those fluids easier)
- Frozen Peas (4 bags at the very least)
 (These will be your best friend to use to help with inflammation and pain in some areas, and they are better than ice packs because they are moldable to any body part)
 - Precooked meals that will be easy for your "Live Beautiful" Supporter to heat up
 - Throat lozenges to coat your throat, sometimes it can be sore after surgery from anesthesia
 - Canned soups (watch the high sodium with this one as well)

YOU ARE A PRIORITY

Your recovery is an essential part to your Live Beautiful Surgical Journey, so make sure you are a priority.

We encourage you to make arrangements to have any children or pets cared for during the first week after your surgery. Your "Live Beautiful Supporter" will be taking on the task of caring for you and others in your family. If you can reach out to additional friends or family members to help with children or pets we certainly encourage this. The less stress you have the smoother your recovery.

YOUR Live Beautiful SUPPORTER

Your "Live Beautiful" Supporter plays a vital role in your surgical recovery. This person will be with you from day one of your surgery and should be prepared to help you for the first week.

At Fleming Island Plastic Surgery we admire and respect those who step into this role and understand they are a very important aspect to your journey. With that in mind we always like to share a few tips and words of encouragement for those who will be helping you.

To the Live Beautiful Supporter(s), thank you for taking on the task of extending excellent care to our patient and your loved one. You are appreciated in so many ways for ensuring they have a smooth and easy recovery.

A few things: You may see blood (it comes with the job.) Be prepared to assist in emptying and measuring drains. Sometimes you may need to help with bandages and post surgical garments as well.

Your shoulder and hands may be needed to lean on or use for balance, as we encourage our patients to take short walks in the house. You will also be needed for assistance in their first shower after surgery. Please make sure they are staying hydrated, eating light snacks and taking their prescriptions as directed.

Small tasks such as cleaning or laundry may need to be done and you may be assisting in the care of children or pets. We know this is a lot of responsibility and work but you were chosen because our patient has immense trust in you. (That means so much!)

One final tip: Never ask if they need help just do it, because we can all be a little stubborn at times when it comes to needing help.

"If you do something out of duty it will deplete you. If you do something out of love it will energize you."

THE DAYS BEFORE SURGERY

THE DAY BEFORE YOUR "BIG DAY"

- Take it easy and finish any last minute household chores, grocery shopping and secure the plans for your ride to and from the surgery center.
- Make any last minute arrangements for child or pet care
- Hydrate, Hydrate, Hydrate!
- Avoid alcoholic beverages (these were to be avoided at least 3 days prior to your surgery day)
- Go enjoy a nice dinner at your favorite restaurant or your favorite meal at home.
 (Just no eating or drinking after midnight)
- Take a nice relaxing bubble bath or hot shower.
- Ladies, we suggest to wash your hair as it may be a few days after surgery before you can

THE DAY OF SURGERY

- No food or drink. If you must take medication prior to surgery use the smallest sip of water
- If you wear contacts, please do not wear them to the surgery center. Please wear glasses.
- NO Makeup, deodorant, lotions, perfumes, jewelry or skincare please
- Wear comfy loose clothing that is easy to remove and put back on after your surgery.
 (Loose pajama bottoms and a zip up hoodie is perfect!)
- Bring a pillow, bottled water and crackers to leave in your car for the ride home. (Trust us they are lifesavers.) If you tend to get nauseous after Anesthesia maybe have a small trashcan as well.

THE DAYS AFTER SURGERY

FOLLOW UP APPOINTMENTS

Your surgery date will <u>NOT</u> be the last time we see you, sorry you won't get rid of us that fast. Dr. Wallace likes to see all of his patients 1 day after surgery, 1 week, 1 month, 3 months and 6 months post surgery. This is to ensure you are healing correctly and also a great opportunity for us to take photos. These photos are used not only to document your medical record but you will be given a copy after your 6 month appointment. We sometimes forget where we started and seeing the progress in photos is truly amazing.

SHOWERING AFTER SURGERY

Most people can't wait to shower after surgery, especially once you start feeling better. Just know, it might be a little more work than you think. Below are some tips to help you take a safe shower 2-3 days after surgery (or as instructed by Dr. Wallace).

- Take short NOT long showers
- Take warm NOT hot showers
- If you have drains, clip the drains to the FIPS neck lanyard that was given to you at your 1 day post op appointment and drape it around your neck. This will keep the drains from dangling.
- If you have tape/steri-strips on your incisions, **KEEP IT ON!**

Do not take the tape off, we will change them for you in the office.

- Just let the soapy water naturally wash across your surgical wounds. <u>Don't scrub.</u> We know the iodine and black marker may drive you crazy, but please do not scrub or scratch to remove marks.
- You should have your "Live Beautiful" supporter nearby the first time in case you get dizzy or overwhelmed, grab that shower stool if you have one!
- Pat your wound to get it completely dry don't rub
- •Be sure to keep the lotions away from your surgical wounds
- Don't forget to put your post-surgical bra or binder on after your shower!

PILLOW TALK

Depending upon which procedures you have done, your post-surgery sex limitations will vary. You should always ask Dr. Wallace about your specific limitations and be sure to follow them exactly. The following will give you a good idea of what you can expect so you can prepare your partner for the inevitable sexual dry spell. Once you're released to return to sexual activity, go slow and let your body be your guide. Please, don't overdo it! Even after Dr. Wallace tells you it is ok to have intercourse again; you will want to use a high-quality lubricant and only "make love." nothing adventurous. Your partner will need to understand that you are in charge, and of course, let your body be the guide. Do not do anything that causes discomfort or pain. Just be patient. Eventually, things will get back to normal.

THE DO NOTS

The first couple of weeks following your surgery are probably the most important to healing. Follow the instructions given to you by Dr. Wallace and in this Guide, and remember the "nots" which are super important:

- Do not smoke (and don't be around second-hand smoke)
- Do not ignore the warning signs (see next page things to pay attention to)
- Do not drive while taking pain medications
- Do not drink alcohol (For at least 4 weeks post surgery)
- Do not get on the scale (swelling after surgery is normal but will cause weight gain)
- Do not take aspirin, Tylenol, Advil, Motrin or anything while taking your pain medications unless Dr. Wallace has approved it
- Do not have "bouncy sex" Dr. Wallace says,
 "No bouncing,no kidding!"
- Do not workout until cleared by Dr. Wallace
- When in doubt, do not hesitate to call or text us!

BLUE DAYS ARE NORMAL

Post-operative depression really does happen. It doesn't happen to everyone, but we want you to understand how to recognize it in case it happens to you. While the exact cause of the blues isn't known, there are many reasons that can attribute to post op depression, which include:

- You want results ASAP, but the first few weeks after surgery you have swelling, soreness, bruising, taped incisions and discomfort
- · Anesthesia and pain medication side effects
- Not sleeping well
- Pain and discomfort
- · Lack of emotional support from loved ones
- Predisposition to depression.

Soon you will look amazing and you will feel great again:
But if your depression worsens or does not seem to be
going away, please discuss this issue further with Dr.
Wallace.

Remember all of the staff is here to support you through the entire journey.

THE DAYS AFTER SURGERY

CONTINUED

While we never anticipate that post-surgical complications will arise, it is always a possibility. We want you to know what to watch for and how to react. Please be sure to share this information with your "Live Beautiful" Supporter.

CALL 911 IF YOU EXPERIENCE

- · Calf pain or calf swelling
- · Chest pain
- Shortness of breath or trouble breathing
- · Loss of consciousness
- · A hard time breathing
- Unusual or fast heartbeat; this may seem like high anxiety but could be a warning sign
- Chest pains, usually brought on by deep breaths
- · Coughing up blood
- Low blood pressure, fainting, and feeling lightheaded

CALL OR TEXT OUR OFFICE

- Trouble voiding (urinating) or trouble having a bowel movement that does not resolve with stool softeners
- Pain that is not being controlled by your medication
- Bright red skin that is warm to the touch
- Allergic reaction to one of your medications
- Excessive pain and swelling on one side versus the other
- Dusky breast (meaning the skin looks pale, not vibrant)
- Fever greater than 101

DEEP VEIN THROMBOSIS (DVT)

Calf pain could mean that you have developed a DVT (deep vein thrombosis) which is a very rare but serious risk. We do not take these symptoms lightly and neither should you. All surgical procedures come with a small risk of DVT. The good news is, Dr. Wallace takes precautions during surgery to prevent DVT, and even better, you can also take some simple preventative measures at home that reduce the risk of DVT.

- Drink plenty of non-caffeinated fluids such as Gatorade and water, at least 60 ounces per day for the first 5 days after your surgery or enough so you are voiding/urinating at least every two hours
- Keep your legs moving by walking every hour while awake and doing ankle and knee bends while in bed
- Take frequent deep breaths
- Get out of bed often. It is very easy to want to stay in bed after a surgery, but it is vitally important to become mobile quickly. This does not mean you have to walk fast or far, just short distances often.

PULMONARY EMBOLISM (PE)

When arteries in the lung are blocked by a blood clot that traveled from other areas of the body (like from a DVT), it is called a pulmonary embolism, or PE. This complication although very rare, can be life threatening which is why we want you to call 911 if you experience any of these symptoms:

- A hard time breathing
- Unusual or fast heartbeat; this may seem like high anxiety but could be a warning sign
- Chest pains, usually brought on by deep breaths
- · Coughing up blood
- Low blood pressure, fainting, and feeling lightheaded

PROTECTYOUR INVESTMENT

Looking good and feeling good are both important and sometimes these two coincide.

At Fleming Island Plastic Surgery we believe everything we offer (Surgical, Non-Surgical & SkinCare) is an investment in yourself, not an expense.

Don't forget to keep your follow-up appointments with Dr. Wallace. Although you may be feeling and looking great, that doesn't mean your body isn't still healing.

Dr. Wallace will want to keep a check on you for up to one year after surgery. Protect your Investment! You must also remember to take good care of your skin.

Beautification lines (scars) are very sensitive to the sun so always keep them covered or protected with SPF 30 or higher. Of course, we recommend you use sunscreen on all of your skin, not just your scars.

As your skin continues to age, keeping it well hydrated, not smoking, and protecting it from the sun are a few of the most important things you can do to prevent premature sagging and wrinkling.

Diet and exercise are extremely important to maintain your investment. Once cleared by Dr. Wallace, you should be hitting the gym or the yoga mat.

METAMORPHOSIS

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty" -Maya Angelou

The process after surgery is what Dr. Wallace calls your chrysalis phase.

This is your transformational phase of your surgery. As with all surgeries, healing takes time. Although you will see many changes immediately, most surgeries require at least 3–6 months to see final results.

From day 1 of your surgery and until around the 3 month mark your body is going through many transformations. **Be patient** and allow your body to heal.

Soon you will emerge from your chrysalis as a beautiful butterfly ready to spread your wings.

COUNTDOWN TO THE NEW YOU!

SURGERY DATE:

SURGERY LOCATION: FLEMING ISLAND SURGERY CENTER

IMPORTANT:

THE SURGERY CENTER WILL CALL YOU **24-48 HOURS** PRIOR TO YOUR SURGERY WITH ARRIVAL
TIME AND SURGERY TIME.
YOU WILL RECIEVE A TEXT MESSAGE FROM US
ABOUT YOUR POST-OP APPOINTMENT.

DON'T FORGET!

ARRIVE TO THE SURGERY CENTER WITH NO MAKEUP, NO CONTACTS (ONLY GLASSES), NO JEWELRY, NO DEODORANT, NO LOTIONS OR PERFUME. WE RECOMMEND YOU WEAR ITEMS THAT ARE COMFY AND EASY TO PUT BACK ON AFTER SURGERY.

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APT. LOCATION: FIPS OFFICE

ONE WEEK POST OP DATE:

APT. LOCATION: FIPS OFFICE

ONE MONTH POST OP DATE:

APT. LOCATION: FIPS OFFICE

THREE MONTH POST OP DATE:

APT. LOCATION: FIPS OFFICE

SURGERY LOCATION

FLEMING ISLAND SURGERY CENTER

1670 EAGLE HARBOR PKWY. FLEMING ISLAND, FL 32003 904-644-0700

POST OP LOCATION

FLEMING ISLAND PLASTIC SURGERY

1715 EAGLE HARBOR PKWY. STE B. FLEMING ISLAND, FL 32003 904-990-3477

POST SURGICAL QUESTIONS?

No question is a stupid question and every patient will have a different experience during the healing process of surgery. If you are curious if what you are experiencing is normal, give our office a call anytime! This means after 5pm and weekends, we are here for you. You can also reach our office by texting after hours, but we respond faster to a phone call.

Sometimes Dr. Wallace will ask you to email a photo of the area you are concerned about. This will help him get an idea of what you are trying to describe and the area of concern. Please note our emails are HIPAA compliant and for documentation purposes we will add the photo to your patient record. Below we will provide the contact information for our office including Dr. Wallace's email.

Please only use the email to send photos when requested by Dr. Wallace.

All questions and concerns need to be directed to our office via a phone call or text.

CONTACT PNFO

DR. WILLIAM WALLACE

PHONE: 904.990.3477

EMAIL: DRWALLACE@904PLASTICSURGERY.COM

GIVE YOUR SUPPORT!

Congratulations on your upcoming surgery & transformation! Instead of just discarding all of your old bras that no longer fit correctly, you can help others instead!

As a part of our "Give Your Support"
campaign, Fleming Island Plastic Surgery has
teamed up with The Quigley House, a
comprehensive domestic violence and sexual
assault center serving Northeast Florida.

Nearly one in four women in the U.S. reports experiencing some form of violence by her partner at least once in her life. Most women who try to escape their situation leave with nothing more than the clothes on their back. Bras are some of the most often requested but least often donated items. We will gladly launder and donate any gently used items you may have on hand to them.

*tax deduction receipt

Nothing beats looking good and feeling even better! Except knowing you are helping others in the process.

Enjoy the new YOU and thank you from all of us at FIPS!









