

Live Beautiful

Surgical Journey

Volume 2



FLEMING ISLAND
PLASTIC SURGERY

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

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 convenient to our office.

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

Fleming Island Surgery Center will reach out with information to complete pre-registration forms online. You can also visit www.OneMedicalPassport.com to complete your medical passport form.

If you are over the age of 50 or have additional medical concerns, you will be asked to also pre-op with your primary care provider. At this pre-op you will have an EKG and blood work. This is because your health and safety is important.

Surgery Time Confirmation

- **Fleming Island Surgery Center** will contact you **24 to 48 hours before** your procedure to provide your **arrival time**.

Fasting Instructions

- **Do NOT eat or drink anything after midnight** the night before surgery. *(This includes water, gum, mints, and coffee.)*

DAY OF SURGERY

Morning of Surgery

- Take **Gabapentin** and apply the **Scopolamine patch in the parking lot** of the surgery center.
- These medications should be taken with **only a small sip of water**.

Tips for a Smooth Recovery

- Start or increase a **daily multivitamin** to support your healing.
- Increase your **protein intake** to promote tissue repair.
- Stay **well-hydrated** the day before surgery and continue to hydrate after the procedure.

Check-In Process

- You will check in and complete required paperwork and consents.
- You will need to have a form of ID
- You will provide a urine sample.
- An IV will be started and vitals will be taken
- You will speak with the anesthesia team and Dr. Wallace before your procedure begins.

Post-Operative Recovery

- You will spend approximately **1 hour in recovery** after surgery.
- **A responsible adult (18 years or older)** must:
 - **Accompany you** to the facility,
 - **Sign you in and out,** and
 - **Drive you home** after the procedure.

FLEMING ISLAND SURGERY CENTER
1670 EAGLE HARBOR PKWY. SUITE B
FLEMING 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

Starting now and up to four weeks after surgery, we encourage you to increase your protein and limit your sugar intake. Protein plays a vital role in recovery and wound healing. We found that protein shakes are an easy and delicious way to add more protein to your diet.

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 you surgery. Your "Live Beautiful Supporter" will be taking on the task of caring for you and others in the 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.

THIRSTY THURSDAY EVERYDAY HYDRATION IS KEY

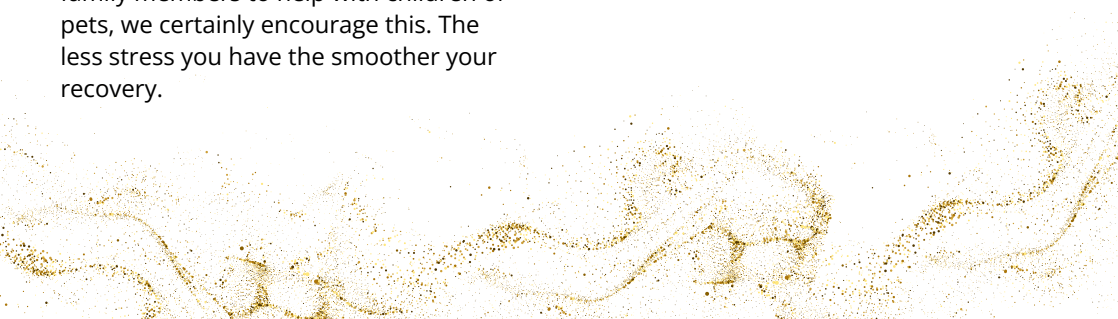
Drink plenty of water or fluids with electrolytes the week leading up to your surgery. Beware of drinks with an increase amount of sugar and sodium. We suggest you get into this habit because fluid requirements after your surgery will be increased as well.

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.

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.

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.



SELF CARE PLAN

Continued

DON'T SWEAT, SPARKLE

It is ok to continue your exercise routine prior to surgery, but do not overdo it. Extreme exercising and diet prior to surgery can actually weaken your body. 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.

When in doubt about a medication or supplement you are taking, ask Dr. Wallace.

Medications to Stop Taking

There are some medications and supplements that you may need to discontinue before having surgery.

* = Very Important

- Aleve*
- Aspirin*
- Ibuprofen
- Methotrexate*
- Motrin
- Ozempic (and derivatives)
- Phentermine or other diet medications*
- Prednisone (if able)*
- Turmeric**
- All semiglutides (Ozempic, Wegovy, etc).**

- Avocado
- Chromium Piccolinate Ephedra
- C O-Q 10
- Echinacea
- Ephedra
- Feverfew
- Fish Oil
- Flaxseed
- Ginkgo Biloba
- Ginseng
- Goldenseal
- HcG
- Kava-Kava
- Licorice
- Melatonin
- Salmon
- St. John's Wort
- Valertian Root

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.

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 it takes less energy when getting up to use the restroom.

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

Make sure to have a table next to you with all your prescriptions, snacks, and water. Rest, nutrition, and hydration are key, so make those items easy to reach. Remember, drinking extra fluids minimizes the chance of dehydration and regularly getting up and moving around decreases risk of blood clots.

PREPARE YOUR FOOD PANTRY

Your recovery will be much easier and 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 for surgery.

- Easy to eat healthy snacks- 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- We suggest four bags. This will be your best friend to help with inflammation and pain in some areas. They are better than ice packs because they are moldable to any body part.
- Precooked meals- 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 for high sodium with this one as well

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 shoulders 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. This means so much!

PREPARING FOR SURGERY DAY

THE DAY BEFORE YOUR "BIG DAY"

Take it easy and finish any last-minute household chores or grocery shopping

Secure 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 should be avoided at **least three 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 again

THE DAY OF SURGERY

If you wear contacts, please do not wear them to the surgery center. Please wear eye glasses instead.

NO makeup, deodorant, lotions, perfumes, jewelry or skincare of any kind

Wear comfy loose clothing that is easy to remove and put back on after surgery- loose pajama bottoms and a zip up hoodie is perfect

Bring a pillow, bottle water, and crackers to leave in your car for the ride home- if you tend to get nauseous after anesthesia, maybe a small trashcan as well

THE DAYS AFTER SURGERY

FOLLOW UP APPOINTMENTS

Your surgery date will not be the last time we see you. Sorry, you will not get rid of us that fast. Dr. Wallace likes to see all of his patients one day, one week, one month, and three months post surgery. This is to ensure you are healing correctly and a great opportunity for us to take photos. Not only are these photos used to document your medical record, but we sometimes forget our progress. Seeing the progress in photos is truly amazing.

PICKING THE RIGHT PERSON TO HELP DURING YOUR RECOVERY

The day of surgery you will need an adult 18 years or older to transport you to and from the surgery center, and stay with you the first 24 hours after surgery. You should also have them drive you to your one day follow up the day after surgery.

Depending on the type of surgery you undergo, you may need a helping hand for more than just the first day after surgery. This could include childcare, meal prep, house chores, pet care, or simply providing you comfort. Be sure to plan accordingly.

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 but is vital to ensure proper healing.

To ease limit raising your arms , we recommend you move items you will use regularly, like food, water, shower items, to a lower level. You should not be doing too much during your recovery but anything used regularly needs to be easily attainable.

THE DO NOTS

The first couple of weeks following surgery are probably the most important to healing. Follow the instructions given to you by Dr. Wallace and remember the NOTS which are super important:

- Do not smoke or be around second-hand smoke
- Do not ignore the warning signs- see next page for warning signs
- Do not drive while taking pain medications
- Do not drink alcohol- at least four weeks post surgery
- Do not get on the scale- swelling after surgery is normal but can cause weight gain
- Do not take aspirin, or Tylenol unless approved by Dr. Wallace
- Do not workout until cleared by Dr. Wallace
- When in doubt, do not hesitate to call or text our office

THE DAYS AFTER SURGERY

SHOWERING AFTER SURGERY

Most people can not wait to shower after surgery, especially once you start feeling better. Just know that it may be a little more work than you thought. Below are some tips to help you take a safe shower 1-2 days after surgery (or instructed by Dr. Wallace).

- If you have a binder on, take it off and stay seated for 3-4 minutes before showering.
- Take short, NOT long showers
- Take warm, NOT hot showers
- If you have drains, clip them to the FIPS neck lanyard that was given to you at your one-day post-op appointment and drape them around your neck. This will keep the drains from dangling while you shower
- If you have tape/steri-strips on your incisions, **KEEP THEM ON!** Do not take the tape off. We will change them for you at your appointment
- Let the soapy water naturally wash across your surgical wounds. **DO NOT SCRUB.** We know the iodine and 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 you shower in case you get dizzy or overwhelmed. Grab a shower stool if you have one
- Pat your wounds to get them completely dry- **DO NOT rub**
- Be sure to keep any lotions away from your surgical wounds
- Do not forget to put your post surgical garments on after you shower

BLUE DAYS ARE NORMAL

Post-operative depression really does happen. It does not happen to everyone, but we want you to understand how to recognize it in case it happens to you. While the exact course of the blues is not known, there are many reasons that can attribute to post op depression.

- 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. 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

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".

GENERAL RECOVERY RESTICTIONS

It is important to attend each of your post-operative appointments as you will be given new instructions based on your type of procedure and healing process.

You are expected to be off work for two weeks

After two weeks, you are expected to be able to return to work on limited duty
You should avoid lifting more than 10lbs for the first 7-10 days

Generally, you will be released for work with no restrictions after your one-month visit.

It is crucial to wear your compression or other surgical garments provided until Dr. Wallace says otherwise. They serve a purpose in helping to achieve your desired results.

CALL DR. WALLACE IF YOU EXPERIENCE

- Calf pain or calf swelling
- Chest pain
- Shortness of breath or trouble breathing
- Loss of consciousness, not related to showering
- 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, or feeling lightheaded

CALL OR TEXT OUR OFFICE

- Trouble urinating or trouble having a bowel movement that does not resolve with an enema
- Pain that is not being controlled by your medication- pain should be tolerable but not non-existent
- 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 and not vibrant
- Fever greater than 101 degrees

DR.WALLACE WILL ADVISE YOU HOW TO PROCEED

THE DAYS AFTER SURGERY

DEEP VEIN THROMBOSIS (DVT)

Calf pain could mean that you have developed 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 water or Gatorade, at least 60 ounces per day. You should continue this for five days and urinating at least every two hours.
- Keep your legs moving by walking every hour. While in bed, try ankle and knee bends.
- Take frequent deep breaths
- Get out of bed often. It is very easy to want to stay in bed after 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)

A pulmonary embolism, or PE, is when arteries in the lung are blocked by a blood clot that has traveled from other parts of the body (like from a DVT). 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

PILLOW TALK

Depending upon which procedures you have done, your post surgical 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 are released to return to sexual intercourse again, go slow and let your body be your guide. Do not over do it. Even after Dr. Wallace tells you it is ok to have intercourse again, you will want to use a high quality lubricant . You will want to avoid anything adventurous and only "make love". your partner will need to understand you are in charge. Do not do anything that causes discomfort or pain. Be patient and, eventually, things will get back to normal.

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!

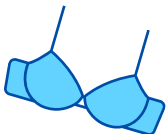
As a part of our *"Give Your Support"* campaign, Fleming Island Plastic Surgery has teamed up with *The Quigley House*, a comprehensive domestic violence and sexual assault center serving Northeast Florida.

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!



POST SURGICAL QUESTIONS

No question is a stupid question and every patient will have a different experience during the healing process after surgery. If you have any questions, give us a call anytime; day or night. You can reach our office by texting after hours, but we respond faster to a phone call.

Sometimes Dr. Wallace and his staff will ask you to text or email a photo of the area you are concerned about. This will help him get an idea of what you are trying to describe. Please note our emails and texts 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 his email to send photos
when requested by Dr. Wallace.

CONTACT INFO

DR. WILLIAM WALLACE

PHONE: 904.990.3477

EMAIL: DRWALLACE@904PLASTICSURGERY.COM

After 5:00pm and on weekends

PLEASE CALL

If there is no answer, please leave a message and Dr.
Wallace will return your call as soon as possible.

If you feel you are having a medical emergency, call 911

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 RECEIVE A TEXT MESSAGE FROM US ABOUT YOUR POST-OP APPOINTMENTS.

DO NOT 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.

ONE DAY POST OP DATE:

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.
FLEMING ISLAND, FL 32003
904-990-3477

Thank you for allowing us to be a part of your Live Beautiful Journey

Follow us on social media for before & after photos, sales and promotions, and tips and education about treatments and products we offer.



Fleming Island Plastic Surgery
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