

PASSPORT TO BEAUTY

A SIMPLE GUIDE TO COMMON
COSMETIC PROCEDURES



Babak Farzaneh, M.D.

PART I: INTRODUCTION



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I'm thrilled that you're considering cosmetic surgery. For many of my past patients, cosmetic surgery has offered them a chance to look as young as they feel. For others, my procedures have allowed them to redefine themselves by eliminating physical features that have bothered them for years. For certain patients, cosmetic surgery has repaired trauma that occurred to their bodies as a result of accidents or diseases. From small procedures like Botox injections to larger procedures such as abdominoplasty, I have seen time and time again the power that cosmetic surgery has to give people a new perspective on life.

With this in mind, some within our field refer to cosmetic surgery as “surgery of the soul,” and I truly believe in that description. But in the same breath, I must tell you that cosmetic surgery is not a cure-all that can solve low self-esteem, failing marriages, or a procedure that will magically unlock the doors to new jobs or higher earnings. However, with the right frame of mind, cosmetic surgery can be a monumental first step into a new you.

Is it the right decision for everyone? No. In fact, it's only human to have insecurities. However, when those insecurities clash with the way we wish to think about ourselves—and when they can be removed safely and with a high degree of predictability—electing to undergo a cosmetic procedure is a wise choice. We deserve to feel good in our own skin.

With this eBook, my goal is to give you a spectacular guide that you can use as a starting point to learn more about the procedures that may enhance both your inner and outer beauty. The decision to undergo elective surgery isn't one that should be taken lightly, and the best outcomes always occur when patients make confident and informed decisions.

The remainder of Part I addresses questions that I know you're currently struggling with, and I hope it demystifies what I do and what you can expect from consultation to recovery. Part II breaks down the most common procedures we handle at Farzaneh Cosmetic Surgery and gives you a better idea of

what's involved and how long it will be before you're back on your feet and enjoying your new look. Finally, part III gives you a variety of tips that I know from personal experience will maximize the value of your investment and make your recovery as quick, successful, and comfortable as possible.

Taking the time to read this eBook is one of the smartest moves you can make as a patient, and I sincerely hope that it will help you in your journey.

Yours truly,

Dr. Babak Farzaneh



WHAT SHOULD I KNOW ABOUT COSMETIC SURGERY?

Before we go any further, there are some realities about cosmetic surgery that are worthy of your attention.

First, it is my very firm belief that every surgical procedure must be built on a foundation of trust and communication. I care about each and every one of my patients, and your results are my absolute highest priority. I'm a doctor, not a businessman—my job is to provide you with the information you need to make a confident decision about your future, the medical talent to allow us to reach your goals, and the care you need to recover!

With this in mind, as a patient, your highest priority should be getting all of your questions answered. I'm happy to explain complex topics multiple times, and I never rush consultations. The consultation is your time to talk about your concerns, your history, and any uneasiness you might have about the procedure.

Elective surgery is not just another operation—the patient's expectations and the doctor's responsibility are much higher. No one needs cosmetic surgery; it is a desire. As a surgeon, I take this seriously. I do not perform operations that have an "average" chance of success. I need to believe that I have an overwhelming probability to create a successful outcome before I perform an operation, as my success is measured by my patients' happiness.

I know that an essential component of the equation for success is a trusting partnership. I also know that true partnerships between patients and doctors of this sort can only be built on transparency and open avenues of communication. For example, if you're scared or if you lack an adequate support network of friends and family, I want to know about it so I can provide you with the very best care I'm capable of.

Next, please keep in mind that cosmetic surgery is more of an art and less of a science. Because of everyone's unique physiology and desires, results possible with one patient in a before-and-after photo may differ from what is possible with another patient. I cannot turn you into someone else: our consultation will allow us to determine a reasonable set of expectations of what we can do and what will be most conducive to your happiness.

Lastly, please bear in mind that cosmetic surgery is surgery. To a certain extent, some recovery time will be inevitable. It can never be eliminated entirely. I know one of your most critical questions during this time is "Will it hurt?" To that question, I regret that I can't give you a simple answer. Your pain threshold is unique, and all recovery times in this eBook are averaged based on what is typical for most patients, but there's no guarantee that it will apply with 100% accuracy to you. I can, however, promise you that I will be right by your side throughout your recovery. I can also promise that your procedure will be performed with utmost delicacy, gentleness, and precision, all of which have allowed our patients to enjoy a relatively smooth recovery. By the end of this guide, we'll have also talked a little bit more about recovery, medication, and post-operative care.

What I can say is this: a healthy and optimistic attitude is the single best tool at your disposal when it comes to ensuring a great recovery. Patients who are enthusiastic about a surgery often report less pain and speedier recovery times, and this perspective undoubtedly affects how they are affected by the pain that occurs post-surgery. Another factor is the fear of the unknown. I will ensure that you never feel abandoned or worried. I will also ensure that you get the medication you need to manage your pain during your recovery.

As with all surgery, cosmetic procedures carry a risk of complication. No one expects these problems to arise, but they are always a possibility. As a physician, it is impossible for me to identify all of the possible complications that could occur. However, if complications do arise as a result of your surgery, you have my word that I will be by your side doing everything I can to correct the issue and putting you back on the path to recovery.

Remember also that because your procedure is a partnership between you and me, be sure to follow

all recommendations to the letter. Avoid any activities I might indicate could jeopardize your healing, tell me about any complications as soon as possible, and take good care of your overall health. For smokers, you must stop for two weeks before your surgery and afterward, or your habit will affect wound healing.

By learning more about the procedures open to you with a healthy, realistic mindset, the two of us stand the best possible chance of making whichever procedure you select a success.



WHY SHOULD I CHOOSE FARZANEH COSMETIC SURGERY?

I take pleasure in offering total accountability. It's my name on the building, and I'm the surgeon who performs 100% of the procedures. That's why I want you to know more about who I am and what I've done.

Cosmetic surgery has always been a lifelong passion for me. At Farzaneh Cosmetic surgery, there is a constant motto: "good enough" is never acceptable, because each procedure represents both a mental and physical journey for my patients. Because I realize the physician's importance as a guide and confidant during this critical period of your life, I take it upon myself to set new standards of service and compassion. When I'm not in the operating room or the office, I'm making house calls to patients in recovery or answering late-night questions on my personal cell phone.

Because of my determination to provide my patients with utterly matchless service, I was voted as a Patients' Choice Award winner in 2008 and 2010. Less than 3% of the 720,000 active, practicing physicians in the nation are honored with this award. In 2010, I was also voted as one of America's Most Compassionate Doctors as a result of consumer research compiled by MDX Medical, Inc.

The key to my success extends far beyond my friendly bedside manner, however. After completing a residency in general and maxillofacial surgery at the University of Maryland's Hospital and the world-renowned R. Adams Cowley Shock Trauma Center, I finished an additional two-year fellowship in facial, body and breast cosmetic surgery at the Facial Plastic and Cosmetic Surgery Center in Texas under the directorship of Dr. Howard Tobin, the former president of the American Academy of Cosmetic Surgery. This fellowship is certified and accredited by The American Academy of Cosmetic Surgery and The American Board of Cosmetic Surgery.

To date, I have completed more than 3,000 procedures. These include belly button breast augmentation, endoscopic brow lifts, high definition tummy tucks, injectables, ultrasonic liposculpture, and more

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esoteric procedures like CO2 laser skin resurfacing. Thanks to the use of small incisions and utilization of telescopic cameras, my patients are often able to benefit from minimal visible scarring and little downtime. I personally perform all procedures, including non-invasive procedures. A patient's 15-minute Botox treatment receives the same care as a four-hour tummy tuck.

To me, cosmetic surgery is much more than a way to earn a living. Every operation is a chance to give patients just like you a new beginning and an opportunity to surpass your expectations of what a cosmetic surgeon should offer. My measure of success is your happiness.



WHY SHOULD I CHOOSE A PLASTIC SURGEON WITH FELLOWSHIP TRAINING?

Surgeons who undertake this rigorous level of training must devote themselves to a full-time, concentrated program solely dedicated to performing elective cosmetic (aesthetic) procedures.

All surgeons performing cosmetic surgery do not complete a Cosmetic Surgery Fellowship. Spending the extra years in an approved and certified fellowship after finishing a surgical residency and an internship is optional—and because it's not a requirement, it's one that most cosmetic surgeons do not exercise. Instead, most cosmetic surgeons complete general residency training. This allows a surgeon to acquire the basic surgical skills in the respective discipline, but is not focused only in cosmetic surgery.

There are many different types of fellowships available in the field of plastic, aesthetic, and reconstructive surgery. These include burn, craniofacial, hand and microvascular fellowships. It is also important for the fellowship to be accredited by an established governing body to ensure adequate training. The uniqueness of a Cosmetic Surgery Fellowship is that it exclusively focuses in the specialty of aesthetic and cosmetic surgery. I knew that this was what I needed to provide the best possible outcomes for my valued patients.

As a result, I spent two years full-time under the mentorship of Dr. Howard Tobin; a pioneer and world-renowned cosmetic surgeon with over 30 years of experience. Dr. Tobin was the president of American Academy of Cosmetic Surgery and the Society of Liposuction Surgery, and was also a faculty member of the University of Texas-Southwestern Medical Center in Dallas. During this time, I participated in thousands of invasive and non-invasive cosmetic procedures. The experience was priceless.

Furthermore, my fellowship training program is certified and accredited by the American Board of Cosmetic Surgery and the American Academy of Cosmetic Surgery. The American Board of Cosmetic

Surgery is the only certifying board that exclusively tests surgeons' knowledge and experience in cosmetic surgery.

Why is this important to you? Let's look at some published data from the Plastic and Reconstructive Surgery Journal (2008, 122:1570):

A. Cosmetic surgery has become its own discipline. According to the American Society of Aesthetic Plastic Surgery, there has been a 446 percent increase in the total number of cosmetic procedures from 1997 - 2006.

B. The minimum cosmetic surgery requirement established by the Residency Review Committee of the Accreditation Council for Graduate Medical Education includes only ten breast augmentations, seven face lifts, eight blepheroplasties, six rhinoplasties, five abdominoplasties, ten liposuctions, and nine other "cosmetic surgery procedures."

C. In the survey of the senior residents, only 54.1% of the 148 responders reported performing more than twenty cosmetic cases per year.

The authors of this study concluded that "changes in the cosmetic surgery training are suggested" in light of these relatively low numbers of operations and recommended "the development of postgraduate cosmetic fellowships," such as the one I completed. I also believe that for surgeons pursuing a career in cosmetic surgery, a focused post-residency fellowship program is helpful to gain more experience prior to entering private practice.

The real truth of cosmetic surgery is that very few cosmetic surgeons can tell you that they've completed a fellowship in the field. It may be the difference between finding a surgeon who has completed only dozens of the procedures required to legally perform elective surgery and a surgeon who has a history

of participating in thousands of successful operations.

My history and background is an open book—if you want to know more about my familiarity with any procedure, just ask! No matter where you decide to have your procedure performed, make sure you know (and are comfortable with) your doctor’s level of surgical experience.



WHY DO YOU MAKE HOUSE CALLS?

Once upon a time in America, you couldn't practice medicine without making house calls. In a time when most patients lived in rural environments, delivering care often meant traveling down winding country roads to reach a patient's bedside. These visits often made the local doctor a trusted friend and an essential part of the family. Flash forward to today: a time when a physician's personal visit has been marginalized in an era of "modern" medicine.

We first need to understand that in our current environment, medicine and business have become intertwined. As a system of healthcare developed that favored speed and efficiency over all else, it became harder to justify a doctor traveling to a patient to administer the same care that could be provided in-house. Some went so far as to say that these factors would make a doctor's bedside visits a thing of the past.

I strongly disagree!

In the field of cosmetic surgery, house calls are a way that I can cater to your needs during a time of extreme vulnerability: your recovery. I don't see myself as businessman—I see myself as a physician. A bedside visit is the best way for me to show you that I'm ultimately concerned with your welfare—not business alone. If you request for me to be by your side, or if you might not have an adequate support system that will let you get back on your feet, I will make the time to stop by and gauge your recovery for myself.

I know you're not just choosing to undergo a medical procedure—you're choosing to undertake an emotional journey as well. Most doctors realize this to some extent during the consultation, in which we attempt to put you at ease and provide you with information that we hope will allow you to make confident decisions. Too quickly, however, most surgeons forget that their patients look to them as a guide through your recovery. Our obligation as doctors, therefore, is to carefully examine our patients' emotional needs before, during, and after their stay in the operating room.

In cosmetic surgery, the reasons for my home visits may be as unique as the patients themselves: a male patient who undergoes facial surgery may be hesitant to return to a waiting room full of women for his follow up. Or, a laser patient who needs to avoid direct sunlight might benefit from quick check-up at home. For those who seem particularly nervous about the procedure, or for those who lack an extensive support network of friends and family, even a ten-minute visit can be a supreme act of compassion, and an essential part of doctoring.

Will house calls ever replace office visits as the default form of care? Probably not. But should they be more common? Absolutely, considering their benefits to total patient wellness. It is my firm hope that a new era of cosmetic surgery can make house calls just as important in the first part of the 21st century as they were in the first part of the 20th. It's too valuable a practice for us to simply let it slip away, and that's why I incorporate it as an essential component of my practice.



HOW CAN I AFFORD THESE PROCEDURES?

Plastic surgery isn't just for the rich and famous! In fact, no matter what your income level, there are a variety of financing options that can allow you to obtain a new look. Most of these services offer extremely flexible payment plans that will work for your budget, and thanks to these financing options, I've been fortunate enough to give a fresh start to patients of all income levels and socioeconomic backgrounds.

There are three services I recommend in particular:

- CareCredit (www.carecredit.com)
- My Medical Loan (www.mymedicalloan.com)
- Chase Health Advance (www.chasehealthadvance.com)

Many of these websites include a variety of tools that will let you estimate monthly payments based on a particular payment plan and monthly interest rate, and often patients can choose to pay for life-changing procedures over as many as 48 months. During your consultation, I'll be more than happy to connect you with the financial resources that can make your goals a reality.



WHAT CAN I EXPECT FROM MY CONSULTATION?

Each consultation takes approximately 30 to 45 minutes. In order to provide you with the best consultation experience, I like to use a five-step process.

Step 1: Completion of the office forms, including demographic and health history. If you prefer, these forms can be filled out in advance of our visit.

Step 2: Consultation with me, Dr. Farzaneh. Feel free to be open and inquisitive! This is a time and a place to ask whatever questions you'd like—and there's never such a thing as a bad question. During this time, you'll also receive my personal cell phone number. It's the absolute best way that I can show you how important it is for me to be open and accessible to you.

Step 3: Fee quote with the Patient Coordinator. This is your time to ask about current promotions and financing. Again, don't be discouraged by any prices you hear quoted to you. There are often a variety of financing options available to make even this part of your journey as pleasant as possible!

Step 4: Private phone Q&A a few days after your visit. Studies have shown that patients generally forget fifty percent of the information they hear during a consultation visit. That's why I'll contact you (with your permission, of course) in a few days to discuss any remaining questions you might have about any part of the procedure or your recovery.

Step 5: A follow-up call from our Patient Coordinator in one week. During this time, our office will review the scheduling process, medical clearance, and answer any additional questions you might have about financing.

Remember: I will be available at all times for you before and after your procedure. At Farzaneh Cosmetic surgery, we believe that patients need their surgeon as much before the surgery as they do after.

Now, enjoy your consultation. We will be here every step of the way for you.



WHAT CAN I DO TO PREPARE FOR COSMETIC SURGERY AND MY RECOVERY?

Once you're ready to take the important step of undertaking a cosmetic surgical procedure, we recommend that you take some initial precautions to maximize your chances of experiencing the most stress-free and healthy recovery possible.

First of all, we require that two weeks prior to your surgery, you obtain medical clearance from your primary medical Doctor. This will often consist of lab work, EKGs, and Chest X-rays if you're over 50 or a smoker. A mammogram is strongly recommended for all breast surgery patients, and it's mandatory for female patients over 35 years old.

You'll also want to make sure you have adequate support. You'll need a driver and someone to help you for the first few days, as listed in the recovery times for each procedure. Also make sure that your weight is stable up until the point of your surgery. If you need to lose weight before the surgery, make sure you stabilize. It is always advisable to be at a weight that you are comfortable with before undertaking surgery.

We also recommend that you don't plan surgery when you are under a lot of stress. Only you will know when the right (or wrong) time for your procedure is. It's better to cancel a surgery if you find yourself dealing with a crisis or unexpected life-changing event than it is to jeopardize your recovery!

Next, we recommend that you consult my office in order to see a list of medications that should be discontinued two weeks prior to your surgery (be sure to mention all of your medications during your consultation or by calling me, so I can let you know which ones to discontinue and when it's safe to resume dosage).

Once you have medication squared away, it's time to begin preparing for the process of recovery. Consider this much like making arrangements before you go on vacation. Most commonly, I find it

helps to present patients with the following checklist:

Patient Checklist

- Did you clean your house (or have it cleaned) before your surgery?
- Did you plug in a nightlight to help you find your way to the bathroom at night?
- Do you have enough food for your recovery, such as frozen meals?
- If the surgery will affect your ability to eat, do you have enough pudding, Jell-O, or other soft and bland foods to keep your stomach full?
- Do you have enough pillows to keep your head elevated, or a comfortable recliner that will let you rest easy?
- Do you have someone who will be taking care of your children and pets while you recover?
- Are all of your medications, dressings, and antibiotics purchased?
- Do you have antibacterial soap and a thermometer?
- Is the freezer stocked with ice packs, or bags of frozen peas or blueberries that can be used to reduce swelling?

Next, you'll want to prepare your nightstand, because this will be your base of operations for the first few days of your recovery. I highly recommend that you have all of the following within arm's reach:

- Your medications
- Water
- Cookies, crackers, and other snacks
- A fully-charged TV remote
- A cell phone with charger

You'll also want to make sure that you have something to do during your waking hours of recovery. Most patients find that the following helps pass the time:

- DVDs you haven't had a chance to watch yet
- Best-sellers, either in paperback form or on your Kindle
- A laptop with an internet connection
- A journal with a few pens so that you can keep track of your progress and thoughts

Finally, you want to make sure that the night before your surgery is as relaxing as possible. This is a time when it can be hard to sleep and you might feel a lot of anxiety. Don't worry—it's completely normal! Take some time to draw a bath and listen to some quiet music. Be sure to wash off afterward with antibacterial soap, and remove any fingernail or toenail polish you might have. Try to get a good night's sleep, but don't take any sleeping pills or other medication (or drink any alcohol) before the surgery.

The more relaxing you can make the time immediately before and after your surgery, the more your body will thank you!



DR. FARZANEH'S 10 WEIGHT LOSS TIPS

In certain cases, it may be medically necessary to lose weight before you can undergo a certain procedure. For example, prior to a tummy tuck, patients with extra fullness in the skin above the belly button may need to shed a few pounds in order for the surgery to deliver optimal results.

Losing weight is never easy—but in part, this is often because patients don't know exactly what they have to do to lose weight. With these ten simple tips at your side, you'll stand the best possible chance of meeting your weight loss goals.

One small note before we begin, however: Make sure there is no medical reason for your weight gain or inability to lose weight. Some of the more common reasons include diabetes, thyroid disease, and polycystic ovarian syndrome.

First, keep in mind this essential truth:

- * Carbohydrates-----> Insulin Release -----> Tells the body to store fat
- * No Carbohydrates-----> No Insulin-----> Extra food is not stored as fat, but instead is metabolized and excreted.

WITH THIS IN MIND, WE RECOMMEND THE FOLLOWING:

1. Limit the carbohydrate consumption to complex carbs, only in limited amounts, and only before dinner time. Your dinner should be 100% carb free.

2. Eat 4-5 meals a day. Breakfast, snack, lunch, snack, and dinner. At night, drink only a protein shake to halt the evening to late-night starving impulses to eat.

3. Most fruits are considered high in carbs, so avoid them where possible.

4. Since you are avoiding carbs—and therefore fruits and most dairy—you need to supplement your diet with calcium and multivitamins.

5. Exercise 10 to 15 minutes a day to get your heart rate up. This is not purely to burn calories—it's to get your body to set its metabolic rate higher. It's like turning up the temperature of the oven. Exercise is more effective on an empty stomach in the morning, but any time is better than none. When you run on the treadmill for an hour, you may burn 800 calories, which is almost a hamburger. But weight loss is mostly a result of diet rather than exercise.

6. Are you eating a balanced diet on this plan? No! You're engaging in an unbalanced, temporary diet to correct an unbalanced body. The American Heart Association's diet is a balanced diet. However, it is not meant to expeditiously and practically change an unbalanced body. It may work, but it will take a *very* long time.

7. Insulin release is almost an all-or-nothing phenomenon. The frequency of carb intake is more critical than the amount. What this means is that if you cheat, then don't tease yourself. Don't just take a bite of ice cream—get your small cup and enjoy it. Don't feel guilty about it, either: think of it as a reward. And afterward, get back on your program.

8. Don't start your weight loss program by joining a gym, especially if you have a busy schedule. Remember: weight loss is 95% diet and 5% exercise. Secondly, it's expensive and time consuming. It takes time to drive to the gym, find a locker, change your clothes, scout out the machine you want to use... you get the idea. Most people don't keep up with their gym schedule because their life is already too busy, and then they feel guilty for wasting the money that they spend on the membership. Gyms are great if you have a gym partner or a trainer that keeps you going, if you have adequate time to spare, and if it's an enjoyment—not something that you have to force into your schedule. Gyms are great for toning, muscle building, and general health, but not so much for losing weight.

9. Good news: this diet is not forever. It also isn't necessary to continue this strict regimen once you reach your ideal body weight. I define this as a weight that you are happy with and one that is healthy for you. When you hit this point, you can shift back to a more balanced diet, add more fruits, and enjoy a little dessert.

10. Maintain your results by watching your weight closely—don't let it get out of control. Wear form-fitting clothing that lets you know if you gain weight. If you see yourself gaining a few extra pounds, then go back on your low-carb diet. Or, take a day or two out of the week to stick with the low-carb diet even once you've hit your ideal weight.

Remember also to stay motivated! Success won't happen overnight, so it's important to reward yourself and track your progress in order to see exactly how far you've come. If you want to drop some extra pounds, the power to reach your goal is inside of you! It might not be easy, but with time, diligence, and these tips at your side, meeting a target weight can be a reality!



PART 2: PROCEDURES



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BODY COSMETIC SURGERY

The commercial marketing for body contouring procedures is as prevalent as cereal on the supermarket aisle. The chances are good that you've seen a commercial or two on how you could get a bikini-ready body if you only call 1-800-2Good-2B-Real.

The truth is usually much deeper and layered—just like the fat they claim to melt off by these “too good to be true” procedures. The seductive marketing labels placed on traditional, well-established procedures like liposuction try to make you believe that you have discovered a new miracle machine that will give you the results you are looking for. Unfortunately, no matter how great the machine is, it is the operator's skill that controls the results.

In body contouring, it is extremely important that you choose the right procedure and surgeon for you. You need to find a surgeon who is not only skilled, but dedicated to you and your outcome.

Read on, and you'll get the information you need to better understand the values and limitations of all of the following procedures.

1. ABDOMINOPLASTY / TUMMY TUCKS

There are very few procedures that make as much of an impact in a woman's life as a Tummy Tuck. This procedure modifies the core structure of a woman's body to make the proportions of the anatomy look more feminine and attractive. In particular, the tummy tuck reestablishes the relationship between the breasts and the hips, two anatomical features that contribute to a woman's femininity and sexuality.

The tummy tuck slenderizes the midsection by tightening the loose abdominal muscles, which recreates the internal corset and narrows the waist. The procedure also removes the extra skin and leaves the belly button reshaped. The incision required for this surgery is longer than with other cosmetic surgery procedures. The resulting scar typically starts very, very low across the lower abdomen, just above or into the pubic hair area. However, it is most commonly hidden by a modest bikini or undergarment.

The incision from the tummy tuck procedure can also eliminate previous scars from hysterectomy, laparoscopy, appendix removal surgery, and cesarean surgery.

A full tummy tuck might not be needed for all patients. In fact, a mini tummy tuck may be a great alternative. With this less-invasive procedure, the incision is made directly above the pubic region. Liposuction can address the areas of unwanted fat followed by the removal of excess skin and fat from the area below the navel. This procedure is appropriate where there is minimal loose skin or muscle bulging above the belly button.

Additionally, and by working closely with OB/GYN surgeons, procedures such as hysterectomy and tubal ligation can be combined with Abdominoplasty to reduce your recovery time and the needed time off work.

RECOVERY FROM ABDOMINOPLASTY / TUMMY TUCKS

Although the recovery generally lasts about two weeks, my patients report the ability to drive by nine days after their operation. The use of pain pumps has made this procedure much more comfortable—so much so, in fact, that many patients switch to just Tylenol as early as two to three days post-op.

Recovery times:

You'll need someone to stay with you the first 4-5 days. Thereafter, you'll need a driver at least for the first 9 days. Most patients feel comfortable driving after this point. You may return to work in about 2 weeks, and begin exercising in about 3-8 weeks.

Follow up appointments:

These occur the day after surgery, then at 3 days, then at 7 days. Later appointments depend on the drain output. A suture removal appointment is also scheduled at 2 weeks. After that, appointments take place about every 2 weeks for the next month.

List of medications:

- Antibiotics
- Pain Medication
- Muscle relaxants
- Nausea medication (this is preventative; you take this the morning of the surgery)
- Antibiotic ointment

List of supplies:

- Kotex: great as a dressing, comes clean and individually wrapped
- Paper tape
- Q tips: to apply the antibiotic ointment
- Cotton balls: great as a dressing for the belly button
- Seran wrap: wrap this over the surgical areas before taking a shower.
- Pillows
- Antibacterial soap

POST-OPERATIVE INSTRUCTIONS AFTER A TUMMY TUCK

- The day of your surgery, rest comfortably. You may get up and walk as tolerated. Take pain medications as directed to keep comfortable. If you have back pain, the muscle relaxant may help.
- Keep your bandages on until you are directed to shower. Dr. Farzaneh will change your bandages and educate your caretaker on how to do this during your first post-operative follow up appointment the day after surgery.
- Keep your garment on constantly until it is removed by Dr. Farzaneh. The garments are crotchless, so you will be able to use the bathroom.

- As you recover, increase your activity gradually and as instructed by Dr. Farzaneh.
- Finish the entire prescription of antibiotics. Remember to continue the course of antibiotics as long as you have the drains or until they are discontinued by Dr. Farzaneh.
- Sleep with your head elevated at approximately 30-45 degrees and place a pillow under your knees. For the first few days, your abdomen will be tight and may be difficult to stand completely erect. Do not force yourself to stand fully upright. Each day, you will be able to stand a bit straighter, as the skin will slowly relax.
- Limit activity during the first post-operative night. You may get up and use the bathroom as necessary, though you will probably need assistance with ambulation.
- Empty drain bulbs when they are half full and keep a record of the output.
- Start your diet with water and light toast and advance as tolerated.
- You may shower on the third day after surgery. Use antibacterial soap. Make sure you have someone to assist you. Do not take a long shower, and do not stand up too quickly after removing your garments and leg compression stockings; this may get you a bit dizzy. Apply Bactroban ointment on all incisions (over the steri-strips), before and after showering.
- Keep wearing your leg compression stockings until you are ambulating consistently. The binder will be discontinued by Dr. Farzaneh in 4-6 weeks.
- For life threatening emergencies, call 911. Then call Dr. Farzaneh.
- For any questions or concerns, call Dr. Farzaneh immediately.

2. LIPOSUCTION

Liposuction, or body sculpting, can reshape a patient's features by recreating more desirable line angles. This procedure is most effective when there is minimal loose skin. The critical point to remember is that it is not how much fat can be removed, but how to create the right curves and reestablish balance and proportionality to make adjacent physical features look better. For example, lower-back liposuction can significantly improve the waistline and highlight rounder buttocks, thus creating a more youthful and slimmer hourglass shape.

Liposuction is a procedure that has become increasingly effective as new methods are developed over time. Liposuction can be used to slenderize or reshape and sculpt a variety of body areas, including:

- Chin
- Neck
- Upper arms
- Chest
- Back
- Abdomen
- Hips or flanks
- Buttocks
- Thighs
- Knees

Fortunately, it is possible to undergo liposuction of more than one body area during the same procedure. Additionally, in order to achieve optimum results there are different liposuction methods that can be utilized, including:

Tumescent. This involves a saline/anesthetic/adrenaline solution to ease the extraction of fat (also known as "wet" or "super-wet" liposuction). This technique has been shown to reduce the risk of bleeding, therefore allowing a higher-yield procedure and also lessening the risk of bruising.

Ultrasonic. This method employs ultrasonic vibrations to break up fat cells prior to their removal (also known as “ultrasound-assisted” liposuction). It is also thought to stimulate skin contracture and tightening.

The most commonly treated areas include:

1. *Neck liposuction*, which not only removes excess fat, but also contours the jaw line and reduces the hanging neck tissue by promoting skin shrinkage, therefore giving a more youthful face.

2. *Arm liposuction*, another wonderful procedure that can reshape the upper arm shape and bring more definition to the underlying muscles. I utilize a circumferential, 360-degree liposuction of the upper arms that maximizes skin shrinkage and provides a very harmonious and uniform contour.

3. *Abdominal Liposuction*, which if you do not have much loose skin or muscle bulging in this area, can address localized disproportionate fat accumulation and result in a flatter abdomen. Abdominal liposuction may be combined with liposuction of the waist and the lower back to further narrow the waist.

4. *Chest Liposuction*, which in male patients is usually performed for Gynecomastia. Gynecomastia is the abnormal development of female-like breast tissue in boys and men. It usually occurs around puberty, but can occur in all age groups—even in the elderly. We’ll cover this in greater detail shortly in the Gynecomastia (male breast reduction) section.

POST-OPERATIVE INSTRUCTIONS AFTER LIPOSUCTION

Recovery times:

During your recovery, you'll need someone to stay with you the first 1-2 days. You'll also need a driver for the first 3 days. Most patients begin to drive in about 3-4 days. Patients are normally able to return to work in about 4-7 days, and can exercise after 1-2 weeks.

Follow up appointments:

Scheduled for the day after surgery, then at 3 days, followed by an appointment at 7 days. Later appointments depend on the drain output. Another appointment is also scheduled at 2 weeks. After that, appointments take place about every 2 weeks for the next month.

List of medications:

- Antibiotics
- Pain Medication
- Muscle relaxants (if the procedure is done under local anesthesia)
- Nausea medication (this is preventative; you take this the morning of your surgery if you are having general anesthesia)
- Antibiotic ointment

List of supplies:

- Kotex: great as dressing (clean and individually wrapped)
- Paper tape
- Q tips: Useful for applying the antibiotic ointment
- Cotton Balls: great as dressing for the belly button (only for abdominal liposuction)
- Antibacterial soap

POST-OPERATIVE INSTRUCTIONS AFTER LIPOSUCTION

- Swelling and bruising is common after liposuction / liposculpture. You may not see your final results for 3-6 months.
- You must have an adult assist you and stay with you for at least the first 24 hours.
- You may walk after surgery, but avoid strenuous activity.
- You will have drainage from the incision sites for the first 2-7 days. This is normal.
- You must eat light after your surgery. Drink liquids and eat foods that are high in protein.
- You will be given various medications to take. Keep a written record of the times medications are taken. Take all medications as prescribed; do not skip or double up on medication. Consult the separate medications sheet for a list of medicines to take and avoid.
- Pain is usually minimal and easily controlled by medication.
- You may resume exercise 3-4 weeks after surgery.
- Finish the full course of your antibiotics.
- You may shower the day after surgery and then on a daily basis. After drying, apply antibacterial ointment on the incisions.
- Avoid soaking your incisions in bath tubs, swimming pools, or jacuzzis. Protect the incisions from the sun, as they may darken if they receive too much exposure.



BREAST COSMETIC SURGERY

1. BREAST AUGMENTATION

This is by far one of the most popular procedures I perform. Patients request this procedure for multiple reasons. Some have never developed natural breast tissue of the size or shape that is proportional to their body type. For others, contributing facts such as pregnancy, breast feeding or even weight loss have caused their breasts to flatten or droop. Even cases of asymmetry, where there are noticeable unevenness in breast size or shape, can be helped with breast augmentation. The procedure has significantly high satisfaction rates among patients—the added level of confidence, femininity and proportionality that this procedure offers can be simply astounding!

In particular, my specialty is the Trans-Umbilical Breast Augmentation, or TUBA. This is more commonly known as the “Belly Button Procedure”, and I believe it’s the most innovative and novel approach in the long history of breast implant surgery. It has been a long time since a new approach has allowed a multitude of desirable additions without significant drawbacks.

Using a very small incision through the depth of the navel and along a very narrow guide tunnel just under the skin, your implants can be placed and their position accurately verified using a telescopic camera. The obvious advantage to this is that the navel scar is placed deep in the belly button. Because it is tension free, the procedure does not change the shape of the navel, allowing for a virtually undetectable scar—even in patients with a darker skin tone. This alleviates the need for any incision on the breast.

In fact, the incision is so minimal that some have nicknamed the procedure “Band-Aid Breast Augmentation.” (Navel piercing, if present, is left undisturbed, and the navel ring is sterilized and replaced at the conclusion of the surgery.) The highly unique instruments specially manufactured for the TUBA technique allow me to implement my artistic vision to produce a natural breast shape with acceptable symmetry and create the patient’s desired cleavage.

The use of a telescopic camera allows for absolute precision in positioning of the implant. The correct dissection plane leaves the natural breast tissue minimally affected, which reduces the risk of breast-feeding issues in the future. The implants are then skillfully and gently directed just under the skin along a safe plane, and then positioned predictably under or above the muscle, behind your natural breast. Your implants are very accurately filled to the desired size; TUBA is limited to saline implants, which allows for volume adjustment for better symmetry.

The path for placement heals quickly without visible tracts, providing a quick return to normal activity. There is also no need for sharp cutting or burning of the breast tissue, which minimizes bleeding and the need for drains or post-procedure numbness. And, more tangibly, the process reduces bruising and swelling, allowing for shorter and easier recovery.

As with most unique and highly specialized surgical techniques, most surgeons performing breast aesthetic surgery do not offer this operation. Although I perform implant surgery through all available incision options, I believe that patients, as part of their consultation, should be offered accurate information on this highly successful option. Thousands of patients, who are appropriate candidates, have taken advantage of the highly effective TUBA technique to achieve their natural and beautiful cosmetic results.

Beyond the TUBA method, breast implants can be placed through several other incision methods including inframammary (fold below the breast), peri-areolar (at the border of the areola), and transaxillary (arm pit). Depending on your cosmetic needs and your anatomy, some options will be more appropriate than others.

The recovery period following even non-TUBA breast augmentation is tolerated very well by most patients, and involves a strict regimen regarding your sleep, activities, and medications. Generally, most patients can enjoy normal daily activities within 3-7 days. In order to heal properly and enjoy your new figure more quickly, adherence to the post-operative instructions is imperative.

As with any other procedure, I encourage patients to come in for a complementary consultation to

evaluate their options, review some of the before and after photos and together make the best choice, including how to select between saline and silicone implants, as well as what surgical options are available for each type and which would best compliment your unique physiology.

Silicone Breast Implants: Safe or Not?

As we've read, breast augmentation is a popular procedure with significantly high satisfaction rates among patients. The added level of confidence, femininity and proportionality that this procedure offers cannot be simplified as just having larger breasts. But are they safe?

Concerns regarding silicone implant safety date back to the early 1990s. However, the FDA recently released a report on safety of breast implants, stating once again that silicone implants are safe. Was there anything new in the report? Well, they issued a warning that silicone breast implants are not "lifetime" prostheses. Basically, you cannot "set it and forget it."

If we really think about it, this should seem like common sense. At some point in a woman's life, they will need to be replaced. Although the FDA's report addressed only silicone breast implants, this holds true for saline implants and probably most implantable devices.

With that in mind, let's take a look at the safety of modern implants. Silicone implants have gone through many generations, and each phase of development has been very closely monitored by government agencies and manufacturers. In fact, breast implants are probably one of the most studied implantable devices in the world. The fact that the FDA considers them safe is certainly reassuring. Besides this, silicone is one of the most inert materials known to man. The straws we use to drink with are lined with silicone, and the contact lenses we wear are made of silicone. And all breast implant shells—including those of saline implants—are made of silicone.

The distinction between saline and silicone is what the shell is filled with. Saline implants are filled with salt water, so if they leak, it's not a big concern. Our body is made up of 60% salt water. It will get absorbed and excreted one way or another, providing no real harm even in a worst-case scenario.

However, the plot thickens with silicone. The old silicone implants were filled with liquid silicone, which had a consistency similar to honey. When the implant leaked, the liquid silicone would not stay localized around the implant or contained within the capsule. These silicone implants were banned from 1992 until 2006, when the new silicone breast implants were approved and found to be safe. The new implants are cohesive enough that if a leak occurs, it stays localized and within the confines of the implant's capsule.

How do you know if your implant is leaking? With the saline implants, detection is simple—and just like a flat tire, you'll notice it very soon. In contrast, a silicone implant leak is very difficult to detect. The most effective technique is with the help of an MRI. The FDA recommends that patients have an MRI exam 3 years after their breast implantation surgery, and then every two years afterward. What happens if you have a leak the day after your MRI? In this rare case, you may not find out about it until two years later, when it's time for your next exam.

Some patients opt for silicone because it feels more natural. This is more of an advantage when the patient has very little of their own breast tissue; this is especially true with reconstruction cases after mastectomy surgeries. With your unique physiology, surgical goals, and desired form of insertion, we'll pick the implant that's best for you after a thorough discussion.

Here's the bottom line: breast implants are safe, according to the FDA and numerous clinical tests. I do recommend that you monitor your breasts regularly with self-exams, yearly mammograms—and in case of silicone implants—a MRI every two years. If anything feels unusual, inform your doctor ASAP. But should you be worried about the procedure (or possibly, your current implants)? No way.

How to pick the perfect breast implant size

Looking in the mirror makes many women yearn for someone else's body, and breasts are often the reason that women are not happy with what they see. So that brings us to our next question: Is there such a thing as perfect breast size? No! Here's a better question to ask: what's the perfect size for you?

Breast size and shape do not define a woman. However, each woman has a different definition of their perfect breast. Breast augmentation is a personal decision. Interestingly enough, among all the surgeries that I perform, this is by far one that patients do primarily for themselves—not for their husbands or boyfriends, as some might suggest.

What drives women to have breast augmentation, a procedure that is favored extremely highly in most patient satisfaction surveys? Each woman has their own reasons for undergoing augmentation. Some are born with small breasts and some have lost fullness and firmness due to pregnancy or weight loss. Most patients today ask for a “natural” look. This means that they don’t want to go too big and get the “in your face” look that (thankfully) has fallen completely out of vogue.

Patients usually think that the surgeon has the magic answer for what their perfect breast size should be, however this is far from the truth. I certainly look at the anatomical limitations and make a recommendation regarding the range of implant size that is operatively safe and achievable—however, it is ultimately the patient’s choice as to which size is best for them within this range.

Here’s how to select your perfect size:

Some surgeons advocate bringing photos of a model’s breasts that you find attractive, but I recommend against this. Such a practice often creates an unrealistic expectation. Breast implants primarily increase the size of your breasts and do not affect the basic shape of the breasts. Also, it’s difficult to know the model’s proportions. How tall is she? What’s the diameter of her ribcage? These questions are valuable, but most patients going off of “ideal” photos aren’t considering them. Besides, many of these photos are manipulated and touched up—hence, they’re not real!

Another method is to use standard measurements and calculated norms to predict the best size for the patient. Although this is a useful adjunct in the decision-making algorithm, on its own it leads to a cookie-cutter approach. It doesn’t take into account your desires. Every patient is unique, and in my personal opinion there is no room for an assembly-line approach in cosmetic surgery.

Probably the most inaccurate way of expressing your breast size desires to your surgeon is to ask for a cup size. Cup sizes are very arbitrary and not even standardized between different manufacturers. Victoria secret's cup sizes are different than Macy's cup sizes. Also, going based on what your friend may have chosen is very misleading. A specific implant size can result in a "C" cup in one woman and "D" cup in another, depending on their starting breast size.

The best way to choose your implant size should allow you to see what you would look like in real life. Trying on "sizers" is a great, time-tested approach and can be done in the comfort of your home. Make your own sizer using a pair of nylon stockings, rice, and a measuring cup with ounce measurements. I generally give the patient a starting point—for example, 10 ounces. Measure out those ounces of rice and fill the stocking with it, and repeat for the other breast. Place each filled stocking in your NON PADDED, NON UNDERWIRE sports bra. Try on different clothes and swimsuits, to get an idea of your desires and proportions. If it's too big or too small, then adjust the filling volume and try it again until you reach your ideal size. Then communicate this volume to your surgeon. The size you choose will then be confirmed using actual implant sizers during your preoperative evaluation.

This process not only puts you in the driver's seat to help your surgeon deliver what you want, but it also gets you actively involved in the process. It helps you take ownership of your decision! After all, they're your breasts, and only you need to love how they make you look and feel.

Always try to keep a picture of the new you in mind and have a realistic expectation. That way, you maximize your chances of feeling great throughout the surgical process.

RECOVERY FROM BREAST AUGMENTATION

General tips:

Do the breast sizing exercise before your pre-op appointment, which is usually 2 weeks before surgery. You'll also want to buy a sports bra that opens in the front. This should be the size that fits you now so that it can be snug after surgery. This bra will act as a

compression band as and limit the swelling.

Recovery times:

You'll need someone to stay with you the first 1-2 days. Thereafter, you'll need a driver at for the first 5-7 days. Most patients drive in about 7 days and return to work at about the same time. Exercise should be limited to four to eight weeks after surgery.

Follow up appointments:

These occur the day after surgery, then at 7 days, then at 14 days, and then depending on your progress. I also like to schedule a follow-up appointment at 4 weeks and 8 weeks. After that, it's about every 6 months for the first year, and then once a year thereafter.

List of medications:

- Antibiotics
- Pain Medication
- Muscle relaxants
- Nausea medication (this is preventative; you take this the morning of your surgery)
- Antibiotic ointment

List of supplies:

- Q-tips: To apply the antibiotic ointment
- Cotton Balls: great as a dressing for the belly button (only required for belly button breast augmentation)
- Antibacterial soap
- Pillows to prop your back

2. BREAST LIFT

It's widely known that aging, childbirth/nursing, and weight fluctuations will take their toll on the appearance of breasts. Women who are displeased with a high degree of breast sagging (ptosis) can undergo breast lift surgery, which does not utilize implants, but does elevate the breasts to a more youthful, attractive position. If your goal is also to enlarge the size of the breast or achieve more fullness on the top of the breast mound, then an implant can be placed together with the breast lift or as a separate procedure.

There are several breast lift surgery techniques. Depending on your body type and desired results, one of the following methods may be used:

- *Crescent Lift*: best for minor ptosis; a crescent-shaped portion of skin above the areola is removed. The areola and the nipple is positioned higher on the breast, creating an illusion of a lift
- *Benelli Lift* (Donut Lift): less invasive, and also known as a “donut” lift; a donut-shaped tissue is removed around the areola to tighten the skin, with incisions masked by the areola.
- *Vertical Lift* (Lollipop Lift): very common and best for medium ptosis; a lollipop-shaped scar results from removing skin from around the areola and below the breast.
- *Full Mastopexy* (Anchor or Inverted T): a common technique used for severe ptosis; this creates an anchor-shaped scar, which allows for more skin removal and tightening.

Generally speaking, all of the above methods involve the removal of excess, stretched-out breast skin—and possibly, a small amount of tissue—followed by a tightening of the remaining skin and tissue to elevate the bustline to a higher point. If implants are desired, implants can be placed through the same incision, making it easy for breast lifts and augmentation to be combined into one procedure.

RECOVERY FROM BREAST LIFT PROCEDURES

General tips:

If you are also having an augmentation, then do the breast sizing exercise before your pre-op appointment, which is usually 2 weeks before surgery. You'll also want to buy a sports bra that opens in the front. This should be the size that fits you now so that it can be snug after surgery. This bra will act as a compression band and limit the swelling after surgery.

Recovery times:

You'll need someone to stay with you the first 1-2 days. Thereafter, you'll need a driver at for the first 5-7 days. Most patients drive in about 7 days and return to work at about the same time. Exercise should be limited to four to eight weeks after surgery.

Follow up appointments:

These occur the day after surgery, then at 7 days, then at 14 days, and then depending on your progress. I also like to schedule a follow-up appointment at 4 weeks and 8 weeks. After that, appointments occur about every 6 months for the first year, and then once a year thereafter.

List of medications:

- Antibiotics
- Pain Medication
- Muscle relaxants
- Nausea medication (this is preventative; you take this the morning of your surgery)
- Antibiotic ointment

List of supplies:

- Q-tips: To apply the antibiotic ointment
- Cotton Balls: great as a dressing for the belly button (only required for belly button breast augmentation)
- Antibacterial soap
- Pillows to prop your back
- Scar Guard to use as scar improvement agent (available at C.V.S and Walgreen's pharmacies)

3. BREAST REVISION

Although breast augmentation is regarded as a safe, effective procedure, and silicone-gel implants continue to retain their good standing following their most recent FDA approval, problems do occasionally occur. Some of the most commonly encountered breast implant complications include:

- Capsular contracture (thickening or tightening of the scar around the implant)
- Rippling
- Malpositioning, displacement, or "bottoming out"
- Drooping
- Implant leakage
- Desire to increase or decrease the size of the implant

Capsulectomy, pocket reshaping or other revision procedures may be performed to correct these abnormalities.

RECOVERY FROM BREAST REVISION

General tips:

If you are also having an augmentation, then do the breast sizing exercise before your pre-

op appointment, which is usually 2 weeks before surgery. You'll also want to buy a sports bra that opens in the front. This should be the size that fits you now so that it can be snug after surgery. This bra will act as a compression band and limit the swelling after surgery.

Recovery times:

You'll need someone to stay with you the first 1-2 days. Thereafter, you'll need a driver at for the first 5-7 days. Most patients drive in about 7 days and return to work at about the same time. Exercise should be limited to four to eight weeks after surgery.

Follow up appointments:

These occur the day after surgery, then at 7 days, then at 14 days, and then depending on your progress. I also like to schedule a follow-up appointment at 4 weeks and 8 weeks. After that, appointments occur about every 6 months for the first year, and then once a year thereafter.

List of medications:

- Antibiotics
- Pain Medication
- Muscle relaxants
- Nausea medication (this is preventative; you take this the morning of your surgery)
- Antibiotic ointment

RECOVERY FROM BREAST REVISION

- The day of your surgery, rest comfortably. You may get up and walk as tolerated. Take pain medications as directed to stay comfortable. If you have back pain, the muscle relaxants may help and should be taken as directed.

- Keep the ace wrap applied until it is removed by Dr. Farzaneh.
- As you recover, increase your level of activity gradually. You may resume exercise 3-4 weeks after surgery, but refrain from exercising your chest muscles.
- Finish your course of antibiotics.
- You may shower the day after surgery, and then on a daily basis. Wrap the surgical site with Saran Wrap and let the water hit your back. (Note: this is not necessary for belly button breast augmentation.) Use antibacterial soap. After drying, apply antibacterial ointment on the incisions.
- Do not wear an underwire bra until directed by Dr. Farzaneh.
- For life threatening emergencies, call 911. Then call Dr. Farzaneh.
- For questions or concerns, call Dr. Farzaneh immediately.

4. MOMMY MAKEOVERS

Although having a child is a priceless blessing, pregnancy can take its toll on a mother's body. I hear a similar story over and over from recent mothers: after childbirth, they realize that they have lost their pre-pregnancy figure. Their waist is not as narrow and the bulge along the loose skin over the abdomen refuses to go away even after dieting, Pilates, yoga, and endless sit-ups.

The truth is that pregnancy results in a number of physiological changes to the body. The separation of the abdominal muscles and weight changes can result in bulging, excess skin, and stretch marks. Breasts enlarge temporarily, then deflate and droop. These physical changes can be different from patient to patient—and even from one pregnancy to the next for the same person!

Unfortunately, no amount of muscle build-up can bring the separated abdominal muscles back

together. What holds the abdominal muscle tightly together and keeps the waist narrow and the tummy flat is NOT muscle, which is why the area remains unresponsive to sit-ups. Sit-ups can give you bigger and thicker muscles, but they leave the abdominal muscle spread apart, perpetuating the bulge around the area.

Naturally, I have seen firsthand how these changes can affect a woman's sense of her own femininity, sexuality, and self-esteem. For these reasons, many mothers are often interested in my "mommy makeover," which typically combines abdominoplasty with a breast lift and/or augmentation in order to turn back the clock on pregnancy!

If you're looking for a way to reduce excess fat, stretch marks and sagging skin—as well as a way to tighten weakened stomach muscles—a mommy makeover could be exactly what you've been looking for, and during a consultation we can select the right procedures that will return you to your pre-baby figure.

RECOVERY FROM A MOMMY MAKEOVER

Because the recovery process for a Mommy Makeover may consist of a combination of a tummy tuck and a breast lift / augmentation, please consult the relevant sections in order to determine approximate recovery times. In general, we find that patients need about two weeks to go back to work when combining procedures.

5. GYNECOMASTIA SURGERY (MALE BREAST REDUCTION)

Although men do not undergo cosmetic surgery as much as women, they are still highly self-conscious of anything that may affect their sense of manhood and masculinity. Excess male breast tissue ranks right up there, and can be quite psychologically and socially traumatizing. A masculine chest is defined by firm pectoral muscles—not flabby breast tissue. Gynecomastia is the abnormal development of

female-like breast tissue in boys and men. It usually occurs around puberty, but can occur in all age groups, even in the elderly.

Although pre-puberty Gynecomastia (before age 16) usually resolves spontaneously, the adult type often requires treatment if it is to be corrected. The cosmetic aspect of Gynecomastia affects a patient's self-confidence and often limits their social and physical activity. Teenagers and men suffering from Gynecomastia often feel embarrassed, confused, or scared. They may resort to crash diets, frantic exercise schedules, or may try to hide the condition with loose clothing. Before any of you male readers get too freaked out, you should know that Gynecomastia is a benign condition; it is not cancer, and it is treatable.

Gynecomastia may affect one or both sides of the chest and can be present in different degrees, from a mild fullness under the nipple (puffy nipple Gynecomastia), to a severe form where full female breast-like tissue develops. The direct cause is an abnormal increase in the ratio of estrogen with respect to testosterone. So, either there is not enough testosterone or too much estrogen is being produced.

Although many cases are idiopathic (of unknown cause), there are many known reasons for this condition, including but not limited to: prescribed medications, use of illegal drugs (i.e., marijuana), anabolic steroids, hormone-producing tumors, liver disease, alcoholism, and obesity. Obesity happens to be one of the more common causes of Gynecomastia.

Although just gaining weight can add an extra layer of fat on the chest area, the fatty tissue also produces the female hormone estrogen, which directly promotes breast tissue growth. While diet and exercise may help with losing the fat, once the breast tissue develops, it does not go away on its own by losing weight—or even with vigorous exercise. Surgery remains the only treatment that can produce definitive results. Male breast reduction surgery is the fifth most commonly performed male cosmetic procedure and is becoming more and more popular. Following the removal of the extra breast tissue, a more masculine chest contour is achieved and most patients report a restored sense of masculinity and self-confidence!

Gynecomastia surgery (male breast reduction surgery) and chest sculpting involves liposuction and gland removal where necessary. The chest skin usually shrinks and adapts back. The procedure is performed through very small incisions, leaving scars that are barely perceptible, and usually takes about one to two hours. In a few patients, skin tightening and lifting may be necessary. Afterward, you are asked to wear a compression shirt. Usually, you can resume normal daily activity in a few days.

RECOVERY FROM A GYNECOMASTIA SURGERY

Recovery times:

During your recovery, you'll need someone to stay with you the first 1-2 days. You'll also need a driver for the first 3 days. Most patients begin to drive in about 3-4 days. Patients are normally able to return to work in about 4-7 days, and can exercise after 1-2 weeks. You must wear some form of compression garment during the first 4-6 weeks post-surgery. The compression garment will be provided for you.

Follow up appointments:

Scheduled for the day after surgery, then at 7 days. Later appointments depend on your healing. Another appointment is also scheduled at 2 weeks. After that, appointments take place about every 2 weeks for the next month.

List of medications:

- Antibiotics
- Pain Medication
- Muscle relaxants
- Nausea medication (this is preventative; you take this the morning of your surgery)
- Antibiotic ointment

List of supplies:

- Kotex: great as dressing (clean and individually wrapped)
- Paper tape
- Q tips: Useful for applying the antibiotic ointment
- Antibacterial soap

GYNECOMASTIA POST-OPERATIVE INSTRUCTIONS

- Swelling and bruising is common after surgery.
- You may not see your final results until 3-6 months after the procedure.
- You may walk after surgery, but avoid strenuous activity.
- You will have drainage from the incision sites for the first 2-7 days. This is normal. You may also have a very small drains placed at the surgical site. If so, you will be instructed on how to manage the drains. These drains are designed to let any excess fluid evacuate instead of accumulating within the surgical site. This will actually help decrease the degree and duration of swelling. The drains are removed very easily in an appointment scheduled 2-3 days after surgery.
- You must eat light after your surgery. Drink plenty of liquids and eat food that is high in protein.
- Take all medications as prescribed.
- Pain is usually minimal and easily controlled with medication.
- You may resume exercise 2-4 weeks after surgery. You may be encouraged to start chest press exercises reasonably early; Dr. Farzaneh will inform you of when to begin chest exercises.

- Finish your full course of antibiotics.
- You may shower the day after surgery, and then on a daily basis. After drying, apply antibacterial ointment to the incisions.
- Avoid soaking your incisions in bath tubs, swimming pools, or jacuzzis.
- Protect the incisions from the sun. They may darken if they receive too much exposure.



FACIAL COSMETIC SURGERY

1. EYELID LIFT & BROW LIFT

Our eyes are one of the first parts of our body that show the signs of aging. Bags, puffiness, sagging, wrinkled skin, and drooping eyebrows all cause the eyes to appear tired, sad and angry. Fortunately, all of these characteristics can be corrected with a variety of modalities ranging from the use of a night cream to laser skin tightening, Botox administration, and highly advanced surgical techniques.

Cosmetic surgery of the eyes and brows has enjoyed an unprecedented increase in popularity over the past decade. The yearning of baby boomers to look and feel rejuvenated has led to new minimally invasive endoscopic techniques aimed at creating a more youthful and natural appearance with shorter recovery periods than existed in past decades. No other facial surgical procedure carries such a degree of rejuvenation and patient and doctor satisfaction.

The upper face frequently ages earlier than the lower face, and the eyelids and brows are frequent areas of concern in patients from the ages of 35 and older. Younger patients are more commonly concerned about droopy eyelids and fat bags, whereas older patients usually require brow repositioning along with eyelid surgery. For most patients, elective surgery is chosen due to aesthetic reasons, although some patients have functional problems such as eyelid drooping or visual obstruction.

Aging in the upper and lower eyelid skin comes from multiple sources. First, this skin is the thinnest in the body, which makes it particularly vulnerable. Second, sun damage, smoking, and genetics all contribute to loosening, wrinkling and texture changes in the eyelids. The bony framework also shrinks with age, leading to bony support loss and hollowness and dark shadows.

It is possible to narrow the correction to either the upper eyelids, lower eyelids or the brow lift. Upper eyelid surgery is performed through an incision within the lid's natural crease and removes the extra skin. The lower eyelid surgery is carried out through an incision inside the lower lid. The lower eyelid lift usually includes a laser resurfacing that eliminates the loose skin and the wrinkles around the eye.

Both methods are designed to eliminate or conceal scars within the natural creases of the eyelid region.

As we age, one of the most obvious changes in our physical features is the excess hanging skin of the upper eyelids and puffiness of the lower eyelids. With age, the brows and forehead also droop causing wrinkling and folding of eyelid skin. This is especially obvious in the outer aspect of the upper eyelids, known as “hooding.” Patients usually grab this excess skin and want it removed. I often tell patients that this may be forehead / brow skin and cannot be removed. If so, it must be repositioned with a brow lift. Failure to diagnose a drooping brow and forehead is a common mistake, even from highly qualified surgeons.

In these situations, I perform the Endoscopic Brow lift—also known as a minimal-incision brow lift—to reposition the drooping eyebrows and soften the frown and forehead lines. This is a great way to eliminate the sad, angry, or tired look. Any necessary incisions will be few well-concealed in the hair-bearing region.

RECOVERY FROM EYELID AND BROW LIFTS

Recovery times:

You'll need someone to stay with you the first 3-5 days. You'll also need a driver at least for the first 7 days. Most patients drive in about 7 days and return to work in about 1-2 weeks. You may exercise in about 4-8 weeks.

Follow up appointments:

These occur the day after surgery, then at 7 days, then at 14 days, and then depending on your progress. I also like to schedule a follow-up appointment at 4 weeks and 8 weeks. After that, it's about every 6 months for the first year, and then once a year thereafter.

List of medications:

- Antibiotics
- Pain Medication
- Muscle relaxants (only for brow lifts)
- Nausea medication (this is preventative and taken the morning of your surgery)
- Antibiotic ointment

List of supplies:

- Glasses: after an eye lift surgery, if you wear contact lenses, you may need to wear glasses instead as it will be difficult to put in your normal contacts after surgery due to possible swelling.
- Q-tips: To apply the antibiotic ointment
- Antibacterial soap
- Pillows to prop your back
- Sun protection: We recommend bringing a hat and a pair of large sunglasses to wear after surgery to protect the area from the sun. This applies only for a lower eyelid lift combined with laser tightening of the lower eyelid skin.
- Aquaphore ointment
- Cetaphil Soap
- Artificial tears
- Sunscreen (for eyelid lifts with laser)

POST-OPERATIVE INSTRUCTIONS: BLEPHEROPLASTY

- Always bring a pair of large sunglasses with you during your recovery.
- Use iced gauze pads to reduce swelling for the first 24-48 hours

- If you had laser tightening of the lower eyelid skin, keep the lasered areas moist with the Aquaphore ointment after the procedure. You must then gently wash the area with cetaphil soap and then apply the Aquaphore ointment every 3-4 hours beginning the day after the procedure.
- Rest in bed with your head elevated on 2-3 pillows.
- Some oozing from the incisions is normal.
- Try and eat a light meal the evening following surgery.
- If there is excessive bleeding, discoloration, swelling, or sudden or severe pain, call the office.
- Avoid straining your eyes, but you may begin to read or watch TV.
- Do not use contacts until instructed by Dr. Farzaneh.
- 48-72 hours after surgery usually coincides with the most swelling and discoloration. It is not unusual for one eye to be more swollen or discolored than the other, or even to be completely shut.
- You may resume light exercise and apply make-up 10-14 days after surgery unless advised otherwise.
- If you have any questions or concerns following your surgery, please contact Farzaneh cosmetic surgery at (909) 590-2299.

POST-OPERATIVE INSTRUCTIONS: ENDOSCOPIC

- Keep your head propped on a couple of pillows. Ice compresses should be used to minimize bruising around the eyes.

- Eat a light meal and take your medications as directed.
- You will return for a checkup in the morning after surgery. Your dressings will be removed and you will be instructed how to perform the dressing changes on a daily basis.
- The incisions are in the hair-bearing scalp, and therefore hidden. You will be allowed to wash your hair with an antibacterial soap 2-3 days after surgery. Wash your hair gently and do not blow dry your hair.
- DO NOT bend over and avoid straining, as this may increase the blood flow to the surgical site and cause bleeding.
- The clips in the scalp will be removed after 7 days. You may color your hair in 6-8 weeks.

2. FACE LIFT / NECK LIFT

One of the most time-honored cosmetic procedures, the facelift can “turn back the clock” on the signs of facial aging to help you attain a more youthful appearance. As we age, our skin begins to change. Our fatty tissue tends to decrease in volume and in density, which in turn causes our skin to fit more loosely. There are also changes in the bones of the face, which combined with changes in our muscles and gravity produce additional looseness. The areas where we notice this most are in the jaw lines (jowls), at the skin folds near the corners of our mouths, and around the neck in what many patients infamously term “turkey neck.”

The facelift procedure involves the tightening of the underlying neck platysma muscle and re-suspending the underlying facial tissue to allow for a gentle re-draping (“passive lifting”) of the skin to reverse the laxity and sagging in a natural way. This deeper pull sets the foundation for the skin to simply follow the repositioned, deeper tissue—without looking pulled or stretched.

There are several important concepts inherent to this technique. First, the skin at the incision line is

under minimal tension, reducing the risk of scar widening, or displacement. Second, this lift gives a more natural and balanced result. Lastly, the lift lasts longer, as it does not rely on the skin (which stretches easily) for its longevity.

The location of facelift incisions may vary, although typically they are placed along the edge of the ear, in a hidden crease in front and behind the ear, in the hair bearing skin, or some combination of the above. The incisions that are made in an exposed area are closed with a very fine, absorbable suture that can reinforce discretion and invisibility.

Alternately, patients may simply choose to undergo the lower portion of a traditional facelift, known more commonly as a Neck Lift. This procedure tightens and repositions the neck muscles. Neck lift surgery can be performed on an outpatient basis under local anesthesia or with the patient asleep under a light anesthetic.

Patients will, however, continue to age after surgery—so far, modern medicine hasn't been able to find a cure for natural aging!

The good news is that most patients benefit from a Secondary Tuck a few years after their first face lift. This is a far less extensive procedure, but it amplifies the benefits of the original face lift. After a patient's face lift, a network of thin scar tissue is left beneath the skin. However, this tissue is stiffer than normal tissue and holds better after being tightened through surgery. Best of all, because it is performed through the very same incisions used in the original operation, there is no new scarring. The surgery is performed with either local anesthesia or light sedation. Recovery from a secondary tuck is extremely minimal. Most patients feel well enough to resume normal activity within 24 hours of their procedure.

RECOVERY FROM FACE AND NECK LIFTS

Recovery times:

Recovery times for face lifts typically consist of a few days of healing, followed by numbness and tension that begins to dissipate after a few weeks. Swelling and bruising also begin to subside at the two week mark. A feeling of tightness in the face can last for several weeks. Patients are advised during this time from turning the neck excessively. You'll need someone to stay with you the first 3-5 days. You will need a driver at least for the first 7 days. Most patients drive in about 7-10 days and return to work in about 1-2 weeks. You may resume exercise in about 4-8 weeks.

Follow-up appointments:

These occur the day after surgery, then at 7 days, then at 14 days, and then depending on your progress. I also like to schedule a follow-up appointment at 4 weeks and 8 weeks. After that, it's about every 6 months for the first year, and then once a year thereafter.

List of medications:

- Antibiotics
- Pain Medication
- Muscle relaxants
- Nausea medication (this is preventative; you take this the morning of your surgery)
- Antibiotic ointment

List of supplies:

- Q-tips: To apply the antibiotic ointment
- Antibacterial soap
- Pillows to prop your back

POST-OPERATIVE INSTRUCTIONS AFTER A FACELIFT

- The day of your surgery, rest comfortably. You may get up and walk as tolerated. Take pain medications as directed to stay comfortable. If you have back pain, the muscle relaxants should be taken as directed.
- The tight head wrap will be eventually be replaced by Dr. Farzaneh with a looser dressing.
- Avoid sudden movements of your head to either side to prevent tension on the sutures.
- Sleep on your back for 2 weeks after surgery to help decrease swelling.
- Eat a relatively soft diet and avoid hard chewing for 2 weeks.
- You will be instructed to get into a shower and wash your hair with an anti-bacterial soap 3 days after surgery. Avoid having the water splash against your face during this time. Do not use a hot blow dryer during your recovery.
- The chin strap (given at second post-operative visit) should be worn at all times except when showering/bathing for two weeks. For the 2-4 weeks after this period, it should be worn only at bedtime.
- Make-up can be applied if a laser was not utilized.
- Apply an antibiotic ointment, Bactroban, over the incisions daily.
- Rest, both physical and mental, and adequate nutrition (including vitamin supplements) are important factors in healing, so eat well and take it easy for a few weeks. We recommend a multi-vitamin pill and an extra vitamin C.
- Avoid prolonged and direct sun exposure for 6-8 weeks, as it can cause swelling. Wear a hat and sunscreen outdoors at all times.

- Do not color or bleach your hair for 6 weeks.

3. SKIN RESURFACING

Many patients in their middle ages and upwards feel that their skin is missing the youthful glow that it once had. Even many of those who have had face, eyelid, and brow lifts are still not happy with the look of their skin. While surgeries can do much to lift and tighten the deeper facial structures, they will not reduce the damaged look of the skin itself.

The smoother the texture and the more uniform the color is throughout the skin, the more evenly the light is reflected. The brain processes this evenness as a more youthful and refreshed appearance. I already know what you're asking: how do you get that youthful glow back?

The skincare market is filled with so much information and misinformation that patients are often bewildered. There are two modalities that I have not only performed, but recommend to my friends and family.

The first is the Mixto CO2 Laser. Not all lasers are created equal, and currently, this laser is the very best. In fact, it has revolutionized my practice with respect to skin rejuvenation! Previously, I could only perform this procedure in the operating room under general anesthesia. But with the Mixto Laser, I can help patients with usually just one treatment in the office of topical anesthesia and a mild sedative just to calm the nerves a bit. And best of all, I have seen my patients receive results that surpassed their hopes!

Carbon Dioxide lasers have been around for more than 25 years for the correction of fine and deep wrinkles, scars, sun damage and pigmentation. The laser heats up and vaporizes the top layer (epidermis) of the skin to shrink and smooth the damaged skin. This change occurs immediately while I am performing the procedure. Patients then go through a healing process that takes typically 5-7 days and see further tightening as a result of collagen production for as many as 6 months afterward.

This is your own collagen to keep, which is what gives you the preventive effect of slowing the aging process.

What makes the FDA-approved Mixto laser different is that it uses a unique fractional technology which controls the depth and the percentage of the treated skin, providing more precise control. This leaves microscopic islands of healthy tissue to speed recovery. It also allows enough cooling time between each beam, which makes the procedure more tolerable and decreases both the healing time and the side effects.

I recommend the Mixto CO2 Laser for younger patients with acne scars or fine lines, especially under the eyes. It's also a great choice for older patients with wrinkles, folds, and sun-damaged, splotchy pigmentation. Older patients can also benefit from neck, chest and hand skin rejuvenation. Finally, the laser works wonders on patients with previous scars from trauma or surgery.

Skin resurfacing can also be done with Chemical Peeling, which may be a better choice depending on your needs. Skip ahead to our Med-Spa section to learn more about this alternative!

RECOVERY FROM SKIN RESURFACING

Recovery times:

You'll need someone to stay with you the first 3-5 days. You will need a driver at least for the first 7 days. Most patients drive in about 7-10 days and return to work in about 1-2 weeks. You may resume exercise in about 4-8 weeks.

Follow-up appointments:

These occur the day after surgery, then at 7 days, then at 14 days, and then depending on your progress. I also like to schedule a follow-up appointment at 4 weeks and 8 weeks. After that, appointments are scheduled approximately once every 6 months for the first year, and

then once a year thereafter.

List of medications:

- Antibiotics
- Pain Medication
- Muscle relaxants
- Nausea medication (this is preventative; you take this the morning of your surgery)
- Antibiotic ointment

List of supplies:

- Glasses: after laser surgery, if you wear contact lenses, you may need to wear glasses instead as it will be difficult to put in your normal contacts after surgery due to possible swelling.
- Q-tips: To apply the antibiotic ointment
- Antibacterial soap
- Pillows to prop your back
- Sun protection: We recommend bringing a hat and a pair of large sunglasses to wear after surgery to protect the area from the sun. This applies only for a lower eyelid lift combined with laser tightening of the lower eyelid skin.
- Aquaphore ointment
- Cetaphil Soap
- White vinegar
- Water spray bottle
- Cooling fan
- Sunscreen

4. RHINOPLASTY

Rhinoplasty is a historically-established aesthetic procedure that serves two main purposes: a cosmetic and functional improvement. For example, cosmetic correction of the nose may address an excessive

or inadequate size: a bulbous tip, nostrils that are too wide, or a bridge that boasts an unsightly “hump.” Alternately, functional improvement can be achieved for those who suffer from breathing difficulties, such as a deviated septum. To ensure that results appear natural, reshaping the nose in accordance with each patient’s ethnicity and facial balance is important.

These operations are performed on an outpatient basis under light general anesthesia. Most of the incisions are inside the nose, which greatly reduces visible scarring. Incisions are closed with sutures that absorb into the body, thereby avoiding the need to remove them later. The surgery is often assisted with the use of a laser in order to achieve both increased precision and avoid bleeding. While each procedure is unique as the patients themselves, rhinoplasty will usually involve the shifting or removal of cartilage (and in some individual cases, bone) and is therefore primarily a modification of the framework of the nose. Following surgery, the skin re-drapes itself over the new nasal framework. It is almost never necessary to remove excess skin.

Once the operation is complete, a small plastic splint is placed over the nose, which remains in place for about a week. My procedure eliminates the need to stuff the nose with packing or gauze, which is a relief to most patients! Once the splint comes off, there still may be swelling, bruising, and stuffiness—this is normal. It is important to understand that for rhinoplasty, the nose continues to heal for up to one year after the procedure, so don’t be alarmed if your new nose looks unsatisfactory when the splint first comes off. By the end of 3 weeks, however, the majority of this swelling will have reduced.

During the initial weeks of recovery, it is important to limit activity and avoid any activity that could introduce trauma to the nose. This can also include avoiding wearing any glasses that press on the bridge of the nose until the majority of the swelling resolves. Beyond these precautions, patients can normally return to work or school within a few days of the surgery.

I also offer the option of Non-Surgical Rhinoplasty for patients who might benefit from it. Recently, Radiesse, a filler material has been used to correct subtle nasal imperfections. A small amount of the filler agent is injected in the specific areas on the nose to achieve better symmetry, camouflage a hump or even subtly change the projection or the angle of the tip. The correction is immediate with minimal

downtime and can last up to a year or more. Another use of this novel technique is in the area of revision rhinoplasty, when minor imperfections may be easily corrected, allowing the patient to avoid a second surgery. In fact, the procedure is performed with minimal discomfort—in most cases, the patient is awake and can communicate her/his desires and offer feedback to the surgeon throughout the procedure!

If you've been considering a change to your profile, we can use our consultation time to discuss which options—including both surgical and non-surgical rhinoplasty—can help you achieve your goals.

RECOVERY FOR RHINOPLASTY

Recovery times:

You'll need someone to stay with you the first 3-5 days. You will need a driver at least for the first 7 days. Most patients drive in about 7-10 days and return to work in about 1-2 weeks. You may resume exercise in about 4-8 weeks.

Follow-up appointments:

These occur the day after surgery, then at 7 days, then at 14 days, and then depending on your progress. I also like to schedule a follow-up appointment at 4 weeks and 8 weeks. After that, it's about every 6 months for the first year, and then once a year thereafter.

List of medications:

- Antibiotics
- Pain Medication
- Muscle relaxants (if the procedure is done under local anesthesia)
- Nausea medication (this is preventative; you take this the morning of your surgery if you are having general anesthesia)

- Antibiotic ointment

List of supplies:

- Q-tips: To apply the antibiotic ointment
- Antibacterial soap
- Pillows to prop your back
- Ice packs

POST-OPERATIVE INSTRUCTIONS AFTER RHINOPLASTY

- If there is any nasal packing, it will be removed the morning after surgery.
- It is normal to have some pink/red oozing that will be absorbed by the gauze pad placed under the nose.
- You may apply ice packs over the nose and the eyes during the first 48 hours after surgery.
- You should keep your head elevated during the first week after surgery to minimize swelling.
- Try to avoid wearing sunglasses for the first 4 weeks after surgery.
- Apply the antibiotic ointment to the incisions two times per day and as needed if they feel dry.
- The cast will come off in about 7 days. After the cast comes off, it may be replaced with very thin compression tape to help control the swelling build up under the skin.
- Avoid excessive sun exposure to the nose.

- Sneeze with your mouth open and avoid blowing your nose.
- You may resume swimming after 6 weeks.

5. CHIN AUGMENTATION / CHEEK AUGMENTATION

In my personal opinion, the cheeks and the chin are two underrated pillars that are responsible for long-lasting facial beauty. Patients blessed with these features seem to age better. Additionally, patients with a prominent chin and well-balanced cheekbones always have better outcomes after a face lift.

Implants have been successfully used for years to enhance and harmonize facial features. Those who are bothered by a recessed chin may be interested in chin augmentation. The incision is very well hidden in a crease under the chin. Typically, it cannot be seen at all!

Likewise, flat or under-pronounced cheekbones can be subtly and beautifully enhanced with the aide of cheek implants; this is facilitated through a very small incision in the mouth. More recently, fat transfer and even some facial fillers have been used to effectively bulk up and sculpt these areas, helping to lift the nasolabial folds around the mouth or reduce the jowling along the jaw line.

One of the most common facial implant queries is in regards to the implants themselves. Patients often inquire about the materials used in the construction, fearing that they may be harmful. Fortunately, the most common compositions of facial implants are generally biocompatible, allowing them to acclimate to the soft tissue and bone of the face. All are routinely, safely, and successfully used in cosmetic applications and the rates of complications are extremely low.

Recovery for both surgical procedures is quick, and most patients only report discomfort for a few days. In many cases, dressing is required for only seven days, although it may take up to 3 months for most of the swelling to resolve.

RECOVERY FROM CHIN AND CHEEK AUGMENTATION

Recovery times:

You'll need someone to stay with you the first 1-2 days. You will need a driver at least for the first 2 days. Most patients drive in about 3 days and return to work in about 1 week. You may resume exercise in about 4 weeks.

Follow-up appointments:

These occur the day after surgery, then at 7 days, then at 14 days, and then depending on your progress. I also like to schedule a follow-up appointment at 4 weeks and 8 weeks. After that, it's about every 6 months for the first year, and then once a year thereafter.

List of medications:

- Antibiotics
- Pain Medication
- Nausea medication (this is preventative; you take this the morning of your surgery)
- Antibiotic ointment
- Chlorohexidine oral rinse solution (cheek augmentation only)

List of supplies:

- Q-tips: To apply the antibiotic ointment
- Antibacterial soap
- Pillows to prop your back
- Ice packs

POST-OPERATIVE INSTRUCTIONS AFTER CHIN / CHEEK

- Rest with your head elevated on 2-3 pillows
- During your first follow-up, the bandage will be changed and your chin will be examined.
- Chin sutures will be removed approximately one week after surgery; the cheek sutures inside the mouth will dissolve around this time.
- Eat a relatively soft diet and avoid excessive talking and hard chewing for 7-10 days.
- In the case of cheek augmentation, you should rinse your mouth daily with an oral disinfectant solution.
- Avoid trauma to the chin area.
- Your chin may be swollen for 2-4 weeks.

6. OTOPLASTY

For patients who are dissatisfied with the appearance of their ears, Otoplasty is always an option. The procedure is typically performed as a correction for ears that excessively protrude from the side of the head in a condition known as either “lop ears” or “cup ears.”

While the operation is typically performed during childhood, adults can benefit from otoplasty as well. While the ear cartilage of adults is often stiffer than that of children, a laser can be used to soften and reshape the ear and suture it in the correct position. When necessary, the surgeon can also remove excessive cartilage. Surgical incisions are made behind the ear so they are not visible, and absorbable sutures allow patients the convenience of not having to return to the clinic for their removal. Outcomes generally meet with a high degree of patient satisfaction.

RECOVERY FROM OTOPLASTY

Recovery times:

Children will need full supervision for the first week. Adults will only need someone to stay with them the first 1-3 days. You will need a driver at least for the first 3 days. Most patients drive in about 3-5 days and return to work in about 1 week. You may resume exercise in about 2-4 weeks.

Follow up appointments:

These occur the day after surgery, then at 7 days, then at 14 days, and then depending on your progress. I also like to schedule a follow-up appointment at 4 weeks and 8 weeks. After that, it's about every 6 months for the first year.

List of medications:

- Antibiotics
- Pain Medication
- Nausea medication (this is preventative; you take this the morning of your surgery)
- Antibiotic ointment

List of supplies to get:

- Q-tips: To apply the antibiotic ointment
- Antibacterial soap
- Pillows to prop your back
- Head band: used to protect the ears for the first few weeks, especially while sleeping.

POST-OPERATIVE INSTRUCTIONS AFTER OTOPLASTY

- The day of surgery, rest comfortably. You may get up and walk as tolerated. Take pain medications

as directed to stay comfortable.

- You will be seen by Dr. Farzaneh the morning after surgery; however, your head wrap will stay in place. Dr. Farzaneh will replace this wrap with a looser dressing or a headband in 2-3 days.
- Protect your ears to prevent tension on the sutures. Sleep on your back or stomach, and avoid placing direct pressure on the ears for 2 weeks after surgery to avoid inadvertent pulling.
- You will be instructed to shower and wash your hair with an anti-bacterial soap 3-5 days after surgery. Avoid having the water splash directly on your face during this time. Do not use a hot blow dryer to dry off.
- The chin strap (given at second post-operative visit) should be worn at all times except when showering / bathing for two weeks. For the following 2-4 weeks, it should be worn only at bedtime.
- Make-up can be applied if a laser was not utilized in the procedure.
- Apply an antibiotic ointment, Bactroban, over the incisions daily.
- Rest, both physical and mental, and adequate nutrition (including vitamin supplements) are important factors in healing, so eat well and take it easy for a few weeks. We recommend a multi-vitamin pill and extra vitamin C.
- Avoid prolonged and direct sun exposure for 6-8 weeks, as it can cause swelling. Wear a hat and sunscreen outdoors during your recovery.
- Do not color or bleach your hair for 6 weeks.

7. MOLE REMOVAL

Most people have a few moles on their face or body, and the number of moles may increase during your lifetime. Not all moles are worrisome, and some are even considered attractive, (i.e. beauty marks). However, there are many who wish nothing more than to have their moles removed for cosmetic reasons. Others must have them removed and biopsied, as they may be a sign of skin malignancy. In cases where moles are either cancerous or pre-cancerous, check for the following warning signs:

- Irregular borders
- Uneven color
- Larger than 6mm (the size of an eraser head)
- Patient has more than 50 moles
- The mole is changing in color, size, or borders
- Bleeding, itching or a tender mole

Patients who remove moles for cosmetic reasons usually do not like the appearance or location of the mole. In other cases, it may interfere with normal shaving or even application of make-up.

Mole removal is generally considered a simple procedure. However, it must be done with precision and accompanied by a complete work-up, including pathology, to evaluate for abnormal cells. In the case of patients with many moles, yearly evaluation by a dermatologist is recommended, and routine self-exams are necessary to help with early diagnosis and intervention.

RECOVERY FROM A MOLE REMOVAL

Recovery times:

Most patients drive themselves home after the procedure. You should protect your skin from the sun as much as possible to prevent pigmented scars. This is particularly important for darker-skinned patients. If there are any sutures, they are removed at 5-10 days. This is very painless.

Follow-up appointments:

These occur the day after surgery, then at 7 days, then at 14 days, and then depending on your progress. I also like to schedule a follow-up appointment at 4 weeks and 8 weeks, and then as needed.

List of medications:

- Antibiotics
- Pain Medication
- Antibiotic ointment

List of supplies:

- Q-tips: To apply the antibiotic ointment
- Antibacterial soap



NON-SURGICAL COSMETIC PROCEDURES

1. FACIAL FILLER

Facial Fillers have gained incredible popularity in recent years; however, patients may be unsure which of these minimally-invasive facial rejuvenation methods they should choose. I offer a number of different options for fillers, and after our consultation where we discuss the risks and benefits of each, you can make an educated decision regarding your selection. The following should provide a helpful overview of the four main fillers currently in use and some of the unique ways in which they're different.

Restylane®

Restylane is a cosmetic dermal filler, composed of hyaluronic acid (an ingredient known for its excellent compatibility with human tissue). When injected at the treatment site, Restylane fills in lines to create a smoother, more beautiful skin texture.

Perlane®

From the same manufacturer of Restylane, Perlane is also a dermal filler treatment that volumizes skin to correct wrinkles and folds. Its only distinction lies in the composition of larger molecules, which makes it suitable for deeper lines and folds.

Juvederm®

Similar to the above, but from a different manufacturer. Juvederm is another hyaluronic acid-based filler that I have found is excellent for facial lines and for sculpting and augmenting the lips.

Radiesse®

In my opinion, this filler is in a class of its own. Its main ingredient of synthetic calcium hydroxyapatite is suspended in a gel carrier. This filler has been great for smoothing deep lines and folds of the skin and also to augment and sculpt the cheeks.

One of the most appealing aspects of facial injectables is their non-surgical, minimally-invasive nature.

This maximizes the chances of patients returning to normal activity quicker, with only minor side effect risks (such as temporary bruising or swelling at the injection site).

RECOVERY FROM FACIAL FILLER INJECTIONS

There is minimal recovery with this procedure. Avoid putting direct pressure on the treated areas for the first few days. You may experience slight swelling during this time. This is especially true with fillers applied to the lips. Ice packs will be helpful the first 24-48 hours in case of swelling. Please make us aware if you frequently take aspirin or other blood thinners. You may be asked to stop taking these medications prior to the procedure.

2. BOTOX / DYSPORT

If you're tired of looking tired, your answer might just be found in Neuromuscular Blockers. Just a few droplets from these "magic potions" have the potential to turn back the clock and diminish wrinkles and frown lines. One such blocker, Botox, is used to improve facial lines and wrinkles. Communication between the nerves and the muscles is hindered with the use of Botox, thereby paralyzing the treated muscles. The result is a relaxed muscle, unable to contract—no contraction, no wrinkle!

It is helpful to differentiate between the two types of lines or wrinkles: dynamic and static. Static lines are the result of a loss of collagen and thinning of the skin caused by factors such as sun damage, smoking, or genetics. Dynamic lines, however, are caused by repetitive contraction of the corresponding muscles. Botox acts only on the dynamic lines.

Botox acts locally at the site of injection. It is not metabolized within the body, which minimizes systemic side effects. And, since it only affects the motor nerves, sensation remains intact. Therefore, there is no risk of numbness.

These "pretty poisons" are one of the few procedures that may be done as a preventative measure to

slow the aging process even before wrinkles ever appear. Therefore, taking care of your skin today is an investment in the future. The majority of patients are women, but more and more men are enjoying the results of these injections. Whether it is just for your own self-esteem or for that job interview, looking more youthful gives you more self-confidence.

The procedure is relatively easy and quick, and causes only minimal pain. Injections are done with an ultra-super-thin needle in the areas of the glabella (between the head of the brows), forehead, and crow's-feet. Treatment with Botox or Dysport in these areas results in a more rested, refreshed, and relaxed appearance. The treatment may be repeated every three to six months in order to maintain optimum results.

When Botox first became popular, the patient's goal was to totally paralyze and freeze the muscle. It was not uncommon to spot a person looking expressionless—Botox was often the suspected culprit. Nowadays, most patients opt for a more natural look, allowing some level of expressive movement. The truth is that a wide range of customization is possible with Botox, and the results can be geared to the patient's anatomy and desires. I have found Botox incredibly useful in treating smoker's lines, the drooping of the corners of the lips, and corresponding marionette lines. This injectable even has the potential to create some subtle changes in the neck bands.

Both Botox and Dysport have a tremendous degree of potential in reducing the visible effects of aging. During our consultation, I'll be able to determine which products and techniques will help you approach the degree of youth and rejuvenation you might desire.

RECOVERY FROM BOTOX AND DYSPORT

There is no real recovery from these procedures, but patients are advised not to sleep on their face for at least 3-4 hours after the injectables are applied. Initially, you may have slight swelling at the injection sites, but this will disappear in a few minutes. Bruising is very rare, but if it does happen, you may use an ice pack for a few hours. Make-up can be applied very soon after the procedure.

3. LIQUID FACELIFTS

Researchers at UT Southwestern Medical Center discovered that the face is made of multiple compartments (balloons) that deflate and droop at different rates. As we get older, we lose bone, fat, and collagen. These losses contribute to deflation of the facial framework and thinning of the skin, leading to hollowness, deep folds and fine wrinkles.

In certain cases, a full facelift may not be required to reduce these characteristics. A liquid facelift—which can more accurately be described as re-volumization with facial fillers—addresses the loss of volume in the compartments of the face. Liquid facelifts involve the use of fillers such as Juvederm, Radiesse, Restylane, Perlane, and Sculptra. Often, these fillers are administered simultaneously with injectables such as Botox or Dysport. Use of these fillers can be used to rebuild depressions, soften transition zones, and lift and raise the folds of the skin.

Typically, 1 to 2 c.c.s of the material will be injected during the course of a treatment session, each of which lasts for approximately a half hour. Anesthesia is not required, but some patients prefer to have a topical skin anesthetic applied over the injection sites. Patients can resume normal activity immediately after leaving the office, but are instructed to wait for at least three hours before applying any cosmetics.

Unfortunately, there is a lot more to facial aging than that which can be fixed with re-volumization alone. Aging is further confounded by loosening of the musculature, which causes a drooping effect on the face, turning it from an oval to a more square shape. Unfortunately, this cannot be corrected simply by injecting fillers. Fillers also cannot tighten a loose neck or droopy jowls. Most surgeons will agree that correcting significant aging in the neck, cheeks and jowls requires a true facelift.

RECOVERY FROM A LIQUID FACELIFT

There is minimal recovery with this procedure. Avoid putting direct pressure on the treated areas for the first few days. You may experience slight swelling during this time. This is especially true with

fillers applied to the lips. Ice packs will be helpful the first 24-48 hours in case of swelling. Please make us aware if you frequently take aspirin or other blood thinners. You may be asked to stop these medications prior to the procedure.



MEDICAL SPA (AESTHETICIAN SERVICES)

Cosmetic surgery isn't the only option for obtaining a beautiful look! Our med-spa services offer a less invasive alternative to aesthetic enhancement, and all of our treatments support our skin care philosophy of correction and preservation. Through our med-spa, we can correct imbalanced skin conditions such as dryness, dehydration, clogged pores, and loss of elasticity, while managing skin conditions such as acne and rosacea.

After improving skin imbalances, we take preventative care to maintain the dermal health and vitality of your skin. Through continuous evaluation and treatment, you can maintain the integrity of healthy beautiful skin with professional product guidance and proper home care maintenance.

Safety is our first priority—we make sure each patient is an ideal candidate for the treatment selected. Because of our care and concern, we're happy to benefit from so many long-term relationships with our clients. This has also given us the benefit of being able to customize our customer's skin care as their skin undergoes changes through the years. As everyone has unique skin, no two treatments are exactly alike.

Our skin care specialist is a licensed aesthetician. As part of her contribution to our team, she works in conjunction with me to counsel our patients pre- and post-surgery. It is my firm belief that learning about the importance of skin care and maintenance allows my patients to maximize results of their procedures. Our Aesthetician also works with a variety non-surgical patients.

Facials

After analyzing your skin and customizing your facial, we begin with a thorough cleansing, exfoliation and gentle steam before extractions. While the skin is renewing during your mask, enjoy a stress relieving shoulder, neck and décolleté massage.

Detoxifying Acne Facial

This is a deep cleansing facial that includes gentle but thorough extractions under

steam, exfoliation with a salicylic peel, and an anti-bacterial treatment to purify the skin. A detoxifying acne facial heals current blemishes and prevents new breakouts.

Chemical Peels

The procedure takes about 20 minutes. It is essentially pain free, as it numbs the skin after the first pass, making it very user friendly. Although the peel physically removes the superficial layer of the skin, it further works at a cellular level helping with fine lines, texture roughness, and pigmentation disorders—including post-pregnancy melasma.

Our Peels can be used on most skin types, including Hispanic, Asian, and Middle-Eastern and are appropriate for both younger and older patients with acne and acne pigmented scarring. It also helps all patients with fine lines, rough skin texture, sun damage, and pigmentation.

Patients can experience about 3-5 days of peeling. It can be repeated as early as every month for more severe conditions. However, most patients can maintain their results with an every four-month routine, hence the package option. After your procedure, the results can be maintained by routine use of sunscreen, Retin-A, moisturizers, and occasional microdermabrasion and facials.

1. MICRODERMABRASION

This is designed to resurface the skin via a safe, non-surgical procedure. Commonly used for fine lines, sun damaged skin, acne and superficial age spots, microdermabrasion stimulates the epidermis and promotes new collagen, which helps keep the skin thick and lessens the signs of aging. This treatment is an excellent maintenance system and is offered in a series package to maximize results.

2. MICRODERMABRASION

Combine microdermabrasion with a light chemical peel and fine lines, and your impurities and dull

skin will be a thing of the past! This combination treatment will leave your skin smooth, hydrated, and revitalized. After peeling away surface impurities, our Dermagenesis Microdermabrasion machine effortlessly removes dull layers, preparing the skin for extractions.

So which option is right for you? You and your skin are unique! Take the time to sit down with me and together we can determine how best to meet your expectations. You deserve to feel wonderful in your own skin, and together we can make that possible.

RECOVERY FROM MED-SPA PROCEDURES

There is minimal to no recovery with most of our aesthetician procedures. You may need to avoid the sun or use moisturizing creams after certain chemical peels. Specific instructions will be provided to you at the time of your consultation.



PART 3: YOUR RECOVERY



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WAYS TO SPEED UP YOUR RECOVERY AND OTHER TIPS

Don't Smoke!

Repeated studies have confirmed that smokers are at much higher risk of complications following surgery. Smoking results in the body absorbing chemicals such as nicotine and carbon monoxide that deprive the tissues of necessary oxygen and interfere with wound healing.

By stopping smoking before surgery, some of these effects can be reversed, although smoking also results in damage to small vessels that can be long-lasting, if not permanent. Patients who elect to have surgery must stop smoking at least two weeks before and two weeks after surgery. Also remember that “the patch” is not acceptable, since it is simply another source of nicotine.

Let me say this again: **Failure to quit smoking will affect your chances of normal healing.**

Think Positively, and Don't Be Afraid to Ask for Help!

Another point to keep in mind is that our ability to heal and our ability to recover from pain can be very psychological! As the saying goes, recovery is sometimes a case of “mind over matter.” We’ve already mentioned that the surgical process can be one that is very mentally challenging at times, and it’s important to stay empowered and positive! Don’t doubt yourself and don’t second-guess whether you’ve made the right decision or not.

If you’re depressed, I want to know about it. Remember: I’m only a phone call away. I’ve seen and heard it all, and there’s absolutely *no* reason for you to feel like you’re alone throughout the process.

If you’re able, make sure that a variety of friends and family are there with you throughout your recovery, and ideally, you’ll want a caretaker to stay with you in order to help you with small tasks of daily living throughout the day.

Stay Clean

Before you change your bandages, make sure to wash your hands thoroughly with antibacterial soap. This will greatly reduce the chance of infection. Also, if you're wearing a compression garment, be sure to wash it daily.

Thoughts on Pain Medication

Patients often ask me, "How much pain medication should I take?" I would answer this question by stating, "Only as much as you need."

For both pain medication and muscle relaxants, there are two important things to remember: first, the medications accumulate over time, and second, many of them are habit-forming narcotics. Minimize their use and only take them if necessary.

With regards to pain medication, these drugs can have different effects from one person to another. For many patients, Tylenol alone can provide adequate pain relief! Remember before when we were talking about "mind over matter?" The same applies to pain! Pain is a mental phenomenon, and it can be aggravated by fear or anxiety. In general, patients who are at ease and positive about the process *feel less pain* than patients who are negative and worried sick.

This is another reason why I'm happy to call you or swing by to check up on you. If your recovery is going as planned and if you're doing great, you'll feel better if you hear it from me. I'm always 100% honest during this process. If something isn't going right with your recovery, I'll tell you immediately and we'll take action. But, if your recovery is going well, you deserve that piece of mind—and it will probably reduce your pain!

Lastly, pain medication can cause constipation. If you're prone to regularly becoming constipated, let me know. It helps to have stool softener and over-the-counter laxatives available if you need them (I recommend Dulcolax). If you become constipated, let me know and I can advise you of when you should start taking them.

Drink Plenty of Water

The process of surgery often depletes the body's supply of water for the first two to three days. Remind yourself to stay hydrated!

Dealing with Nausea

You'll most likely experience some nausea in the first few hours after your surgery. This is usually a byproduct of the anesthesia and should pass in a short while. During this time, limit food intake, but try to take small sips of water or eat small ice cubes. If you find that the nausea is at its worst when you move around, try to remain as still as possible until the feelings subside.

If you are still nauseous more than 4 hours after your surgery or if you begin vomiting, contact me immediately.

As soon as you feel you're able, try to snack on burnt toast. This neutralizes the acids that are built up in your stomach and will let your digestive system wake up from the effects of general anesthesia. If you're not able to eat toast or crackers, remember to eat small ice cubes or take sips of water in order to stay hydrated. This, too, will help keep your nausea in check.

During your recovery, you may also experience nausea when you stand up immediately after lying down. If you're wearing a compression garment, it's very likely that you'll experience lightheadedness unless you get up slowly. When you get up from resting or after falling asleep, sit for a few minutes before you rise to your feet.

Many patients also get light-headed when taking showers—the longer and steamier they are, the higher of a chance you'll experience some nausea. Remember to limit showers to short sessions and lower heat.

Eat Healthy!

During your recovery, it's important to eat the right kinds of foods. You'll want your diet to be protein-rich. If you find that you don't have a strong appetite, make sure that you drink a protein shake as part of your daily meal.

After surgery, you'll also want to take a multi-vitamin and increase your vitamin C intake to more than 1000mg every day.

MANAGING SCARS

The most important factor in minimizing scarring is precise and careful surgical closure. I make every attempt to perform the surgery delicately to improve your odds of having minimal scars. This involves using the right suture material, handling the tissue gently, and performing multi-layer closures of the incisions so that the actual skin is under minimum tension.

After the surgery, however, there's a lot that you can do on your own to maximize your chances of healing with little visible scarring.

- Compression and Antibiotic Ointment: Keeping pressure over the incision helps the scar. After a few days, I will apply a porous hypoallergenic tape over the incision in order to serve as a compression. The tape is porous and will allow you to rub in antibiotic ointment over the material.
- Massage: You may be instructed to massage the scar. Wash your hands before massaging, and feel free to use vitamin E to help lubricate the area for a gentle and smoother gliding over the scar.
- Scar Guard: This is a very user-friendly scar improvement product. It contains silicone, vitamin E and cortisone. It is applied over the incision just like a nail polish. It dries in seconds and is totally clear. You may reapply it once or twice per day.
- Avoiding Sun Exposure: Just because you have a shirt on doesn't mean that the scar is protected

from the sun. In fact, the sun's rays can penetrate through most t-shirts! If you've been instructed and are going to go outside, make sure to apply sunscreen regardless of the weather or your clothing choices.

- Bleaching Agents: These are used if your scar is getting dark, and are most often used on darker-skinned patients.
- Cortisone Injections: Some patients may experience Keloids, or scars that are simply thickened. At times I might inject a small amount of Kenalog (a type of steroid) directly into the scar to help flatten it out. These injections are usually done on a monthly basis.
- Scar revisions: Although rare, there are patients who come to me to improve their existing scars. I usually weigh the risks against the benefits. Remember that scarless surgeries do not exist. The purpose of most scar revisions is to replace a bad scar with a better-looking scar. This usually involves excising (removing) the old scar and replacing it with a better one.

A NOTE ON SWELLING AND BRUISING AFTER SURGERY

The most important factor in reducing postoperative swelling is surgical technique. When the surgery is performed gently and trauma is minimized, then the associated bruising and swelling is also minimized. However, despite all precautions, there is usually some bruising and swelling associated with most surgical procedures.

Patients are usually very worried about bruising after surgery. This is usually related to the visual effects of it—we normally associate bruising with pain and injury, which seems to us as though there's been a poor surgical outcome. This is not completely true: normal post-operative bruising usually resolves without any adverse consequences.

If the bruising is related to underlying blood collection (hematoma), it will need to be addressed. Because I perform a follow-up appointment the day after your surgery, these rare issues are caught early. Additional follow-up appointments are scheduled to ensure that any barriers to your healing can

be addressed swiftly if they arise.

Swelling after surgery is also very common. During the first 72 hours after your operation, it may be normal for the amount of post-surgical swelling to increase. After that point, however—and barring any over-activity—swelling should begin to lessen gradually. If there is a sudden increase in swelling after the first 72 hours, report it to me immediately.

SPECIFIC WAYS TO REDUCE SWELLING AND BRUISING

After many surgical procedures, I will issue the patient a compression garment. This is an elastic wrap of breathable material that helps control the swelling. In some cases, especially for liposuction and tummy tucks, they also help in shrinking the skin.

If you undergo facial surgery, you may be instructed to prop your head up with the aid of a few pillows. In the case of breast augmentation, I recommend sleeping with your back in an upright position, as this will aid in lowering the swelling and also may help any implants settle into their correct positions while the swelling is resolving. If you had arm surgery, then prop the arms up with the help of a few pillows.

Avoid excessive exercise too early in the post-operative period. There is a fine balance between being sedentary and being too active. As your recovery progresses, I'll advise you as to how and when you can resume an exercise regimen.

Another tip to reduce swelling is to adjust your diet. First, avoid food high in salt. This does not mean to eliminate salt entirely—that's not good either. Instead, simply try to lower it. During your recovery, you'll also want to drink plenty of water, as the swelling after surgery will pull water out of your blood vessels, which could possibly cause you to become dehydrated. Eating foods that are high in protein will also expedite the healing process.

Beyond these behavioral modifications, there are a variety of treatments that may be useful. Patients

may be issued a medication called Arnica, which is administered in a pill or topical form in order to treat post-operative bruising. I prefer the Arnica cream, as remembering to take 5 pills (which must be dissolved under the tongue) each day can be cumbersome. Instead, the cream is easily applied and, it encourages the patient to massage the area, which helps redistribute the swelling and acts as a mild form of lymphatic massage.

Bromelain may also be issued after your surgery. This is an anti-inflammatory supplement made from the stem of the pineapple plant. Initial tests suggest that it may help to reduce postoperative swelling and bruising. A regular dose is approximately 500mg taken 2-3 times daily.

Steroids are also an occasional treatment for significant swelling that is not related to any surgical concern. In these instances, a short course of steroids may help to reduce the duration of recovery. This is not a common practice, as swelling will almost always resolve on its own; however, in some anatomical areas—such as around the eyes—swelling can become debilitating and require additional treatment.

MEDICATIONS AND SUPPLEMENTS TO AVOID

Avoid aspirin and medications containing aspirin for a minimum of two weeks prior and two weeks after your procedure.

Since there are countless drugs that contain aspirin or other blood thinning agents that should be stopped prior to surgery, in both their generic and trade names, you'll want to be completely accurate in sharing all medication, supplements, and herbal medications that you are currently taking with me during your first consultation. Where appropriate, I'll instruct you as to which of these medicines or supplements must be discontinued in order to maximize a positive surgical outcome.

In general, you'll want to avoid dietary supplements for a minimum of two weeks prior to the procedure. Additionally, you'll want to avoid an excessive amount of garlic and vitamin E intake prior to your surgery.

PART 4:
CONTACTING
DR. FARZNEH
COSMETIC SURGERY



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NOW THAT YOU'VE LEARNED ABOUT MANY OF OUR PROCEDURES—ALL THE WAY FROM THE PROCESS OF CONSULTATION TO WHAT YOU CAN EXPECT FROM A RECOVERY—WE INVITE YOU TO VISIT US ONLINE OR CONTACT US IN PERSON IF YOU HAVE ANY ADDITIONAL QUESTIONS!

BY PHONE:
(909) 590-2299

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WWW.FARZANEHCOSMETICSURGERY.COM

KNOWLEDGE IS POWER, AND WITH THIS SMALL EBOOK, YOU MIGHT HAVE THE POWER YOU NEED TO MAKE A POSITIVE CHANGE IN YOUR LIFE. IF YOU NEED ME, I'LL BE HERE FOR YOU!

YOURS,
DR. BABAK FARZANEH



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