

Healing Body & Mind

Once you have the procedure you waited a long time for, it is time to be patient and wait, again, for your body to heal. Unfortunately, a surgeon's scalpel is not a magic wand and healing will occur at different rates for different people. You must allow yourself to heal and be aware it is natural to be impatient for the results and a little anxious because you often look worse before you look better. Being aware this can happen will help you understand these normal feelings.

Sharing your experience with friends and family can help give you a support system during your recovery, but realize they may unintentionally make you question your decision with concerns during your recovery. While you may think that you are looking pretty rough around the edges, we may tell you that you are healing beautifully. Trust us. We will share with you if there is a concern, so if we tell you that everything is healing normally, it is.

Your healing will depend on many things such as your general health, your willingness to follow instructions, and your mental attitude toward recovery. While I can perform the surgery, I cannot "heal" you. It is up to you to be an active participant in your recovery process to help your body heal the best that it can. Following all of our instruction is very important, as is working with us to address any complications that may arise. Even surgeries that are done exactly right, can have complications during recovery. It has to do with the human factor. We are not machines and every person can react differently and heal differently even when the surgery is done exactly the same. Every surgeon has unexpected results from time to time.

It is important you approach your surgery and especially your recovery with the mindset that we are a team, and you are an integral part of that team. We must trust each other to be working for a common goal, your successful results. As the surgeon, I enjoy my work and strive to achieve an ideal result during every surgery for every patient. I have rigorous standards that my staff must meet in order to be involved in your care. I am looking forward to working with you to achieve a great result and do not anticipate any post-operative problems.

In the unlikely event that you have a complication, I am committed to working with you to resolution. I need you to be just as committed to working with me under these circumstances.

Your Anesthesia Experience

Anytime you undergo anesthesia, your general health condition must be considered. Depending on your age and the results of your history and physical, you may need preoperative testing such as blood work, chest x-ray, or EKG. This is done to ensure that your current health does not put you at any additional unnecessary risk while under anesthesia.

You will be required to abstain from food and fluids prior to your surgery if you are having anything beyond just local anesthesia. This is done for your protection to empty your stomach to prevent aspiration of food or fluid from the stomach into the lungs during anesthesia.

Either prior to or on the day of surgery, your anesthesiologist will have questions for you regarding your health, height, weight and past anesthesia experiences. Complete and honest answers are required to assist your anesthesiologist in planning and administering the safest level of anesthetic possible.

As you wake up from your anesthesia, your vitals will still be monitored closely for usually another hour. Often you will be given additional medications for discomfort and/or nausea. Once you are awake and aware, you may be released to a responsible adult to go home with, and he/ she needs to stay with you for the first 24 hours.

Please follow the post-operative instructions closely regarding supervision requirements and activity restrictions. Drinking lots of fluids will help rid your body of the medications used for anesthesia more quickly.

Pre-Operative Instructions – General

The following instructions should be followed closely except when overruled by specific procedural instructions.

3 Weeks Prior to Surgery

1. NO SMOKING because nicotine reduces blood flow to the skin and can cause significant complications during healing. That includes vaping, E-cigarettes, or any product containing nicotine. If you are a current nicotine user, you may be nicotine tested at Pre-op and Day of Surgery.
2. Discontinue Stimulants such as Adderall and Phentermine etc.

2 Weeks Prior to Surgery (this section includes Medications to avoid)**

2. NO Air travel 2 weeks before or after surgery unless discussed and approved by Surgeon.
3. NO ASPIRIN or medicines that contain aspirin* since it interferes with normal blood clotting.
4. NO IBUPROFEN or medicines that contain ibuprofen* as it interferes with blood clotting.
5. Please DISCONTINUE ALL HERBAL MEDICATIONS* as many have side effects that could complicate a surgical procedure by inhibiting blood clotting, affecting blood pressure, or interfering with anesthetics.
6. Please DISCONTINUE Hormone replacement therapy (HRT) 2 weeks before and after Surgery. HRT such as Estrogen can increase your risk for blood clots
7. Please DISCONTINUE ALL DIET PILLS whether prescription, over-the-counter or herbal as many will interfere with anesthesia and can cause cardiovascular concerns.
8. NO "MEGADOSES" OF VITAMIN E, and NO Fish oil or Omega's but a multiple vitamin that contains E is just fine.
9. You may take Tylenol or generic forms of this drug. These do not interfere with blood clotting or healing.
10. Start taking a multivitamin each day and continue taking through your recovery. The healthier you are, the quicker your recovery will be. Probiotic (optional) is recommended while taking Antibiotic.

One Week Prior to Surgery

11. DO NOT take or drink any alcohol or drugs for one week prior to surgery and one week after surgery as these can interfere with anesthesia and affect blood clotting.
12. DO report any signs of cold, infection, boils, or pustules appearing before surgery.
13. DO NOT take any cough or cold medications that contain Ibuprofen.
14. DO arrange for a responsible adult to drive you to and from the facility on the day of surgery, since you will not be allowed to leave on your own.
15. DO arrange for a responsible individual to spend the first 24 hours with you, since you CANNOT be left alone.

Night Before Surgery & Morning of Surgery

16. DO NOT eat or drink anything (not even water) after midnight the night before your surgery unless instructed otherwise. Please follow guidelines given to you at Pre-op visit. This includes gum, candy, mints or coffee the morning of your surgery. Do not sneak anything as this may endanger you.
17. If you are on regular medications, the Nurse will discuss with you which ones may be taken the night before and the morning of your surgery.
18. DO take a thorough shower with an antibacterial soap the night before or the morning of surgery.
19. DO NOT apply any of the following to your skin, hair or face the morning of surgery: makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant. Using any of these products will add bacteria to the skin and increase the risk of infection.
20. You may brush your teeth the morning of surgery but do not drink anything.
21. DO NOT wear contacts to surgery. If you do wear glasses, bring your eyeglass case.
22. DO wear comfortable, loose-fitting clothes that do not have to be put on over your head. The best thing to wear home is a button-up top and pull on pants. You will want easy-to-slip-on flat shoes.
23. DO NOT bring any valuables or wear any jewelry (no rings, earrings, chains, toe rings, other metal piercings or watches). We will need to tape wedding rings if worn.
24. If you have any questions about the medications prescribed by Dr. McCormack at Pre-op, Bring them with you day of surgery for review.
25. You must have an adult drive for you – to and from surgery. Have them at the center no later than 30 minutes after your surgery is scheduled to end. Please note that a cab, uber, lyft or bus driver will not be allowed to take you home after surgery. On arrival, be sure we know your driver's name, phone numbers, and how we will be able to reach them.
26. If you are not recovering at home, it is very important that we have the number where you will be after surgery.