

transform.

It seems like everywhere you turn, people are making a conscious effort to embrace a mind-body-soul connection for a healthier and more holistic way of life. And, it was only a matter of time before the trend made its way into doctors' offices. Despite the fact that plastic surgery itself isn't natural, the extra add-ons many plastic surgeons are offering pre- and post-procedure help to create the foundation for an easier recovery.

The new world of
plastic surgery:
holistic treatments
for better results

SURGERY?



transform.

surgery GOES natural

WHAT WE EXPOSE our bodies to affects not only how we age, but also how our bodies respond to cosmetic procedures. To make the most of your procedure, a specialized treatment offered by your doctor before surgery can put you on the path to the best results possible. Los Angeles plastic surgeon Gary Motykie, MD, says introducing patients to wellness services prior to their surgeries gives them an opportunity to make lasting lifestyle changes—many decide there is no returning to their unhealthy habits.

SKIN ANALYSIS

What It Does: Examines the current health and state of your skin so that adaptation of at-home products and in-office treatments can better the outcome of surgery. Many plastic surgeons who offer skin-analysis treatments think they make a huge difference in the quality of the skin post-surgery. “Traditionally, when you look at things that complement plastic surgery, skin care has always been up there as number one—they just go hand in hand,” says Troy, MI, plastic surgeon Anthony Youn, MD. Using the right type of products with active ingredients helps prep the skin for more invasive treatments like deep peels, lasers and facelifts by exfoliating the surface and stimulating collagen. Some prescription-strength products may be prescribed in tandem with stronger skin-care creams and serums to really up the ante.

How It Can Make Your Results Better

According to Scottsdale, AZ, plastic surgeon Bryan Gawley, MD, completing a **thorough skin analysis** before facial rejuvenation surgery allows for a blueprint evaluation to be made, which includes a plan that can consist of pre- and postsurgical facials, peels, IPL, and even neuromodulators, fillers and skin-care products. “Together, it can help **stimulate skin health** to optimize surgical outcomes.”



NUTRITIONAL MONITORING

What It Does: Working with a nutritionist who is aligned with your doctor’s philosophies can do wonders for your body. In fact, Dr. Youn says eating the right foods can affect the way the body recovers from surgery. One of the most important aspects of prepping for surgery is optimizing your diet. “As patients enter the healing process, there is a high demand on the body’s metabolic reserve. Tissues are broken down and new ones are built, so in order for the body to carry this out properly, it needs the necessary tools. I put patients on a multiweek program of various vitamins and supplements,” adds Lafayette, LA, facial plastic surgeon Ryan Chastant, MD. While most patients can benefit from nutritional advice, it’s not uncommon for those pursuing body-contouring procedures to be more keen on adapting their eating habits. “Pre-surgery, patients need to be in a good place and not in the middle of a crash diet,” explains Torrance, CA, plastic surgeon Linda Swanson, MD. Anything from juice cleanses and supplements to detox diets are all fair game. Palo Alto, CA, facial plastic surgeon David M. Lieberman, MD, says one of his patients was put on an alkaline diet to balance the pH levels in her blood, which gave way to a remarkably quick and easy recovery.

How It Can Make Your Results Better

- You can drop those **last few pounds** you’ve been struggling to get off, which will make the results of your surgery that much better.
- If you have a large amount of weight to lose prior to your procedure, the **right advice** can put you on track to healthy weight loss—you’re also more apt to keep the weight off.
- Scottsdale, AZ, facial plastic surgeon Kelly Bomer, MD, says two weeks prior to surgery, your diet should be modified to reduce the chances of a bleeding complication during and/or after surgery. “I encourage a **healthy diet** at all times, and specifically to **improve healing from surgery**. It should be high in lean meats, low in refined sugar and balanced with a moderate amount of healthy carbs and fats, plus greens to boost vitamin K, which reduces bruising.”
- **Omitting anything that’s toxic** to the body can pave the way for an easier recovery. Dr. Youn says certain foods cause inflammation, which can slow down the healing process. “Going sugar-free or doing a cleanse pre-surgery can be huge for healing because there’s less inflammation in the body.”
- Dr. Chastant adds that continuing with **nutritional support after your procedure** is important, too, as it can help prevent any postsurgical complications.



EAST meets WEST

The idea behind holistic plastic surgery is nothing more than mixing traditional Eastern medicine with alternative Western practices for an experience that focuses on mind, body and soul. “A healthy lifestyle and holistic services in the realm of plastic surgery is an emerging consciousness,” says Dr. Bomer. Regardless of the procedure, doctors try to make the experience more comfortable for the patient by instilling certain practices that make for a faster and easier recovery with better results. “My view on a holistic approach to plastic surgery is simply that the surgical procedure is only one component to achieving a natural-looking result,” adds Dr. Gawley.

VIKTORIA STUTZ/TRUNK ARCHIVE



WHEN to START

In order to reap the benefits of a holistic or integrative medicine program, Dr. Motykie says you should employ holistic services throughout your entire treatment process, starting at least a few weeks before surgery. “Overall, the extra money and energy spent on preparing your body for surgery will end up paying large dividends by producing superior results and a quicker recovery,” he adds. “Patients should never bargain shop for plastic surgery. They should seek out an experienced, skilled surgeon who is interested in caring about their health, as well as their beauty.”

ANTI-BRUIISING SUPPLEMENTS

What They Do: It’s almost inevitable that bruising will happen to some degree, but many plastic surgeons recommend certain tricks of the trade to limit it (in some patients, bruising may not be present at all). “I instruct all of my cosmetic surgery patients to take five tablets of arnica twice a day for two days before they undergo surgery to really help limit bruising,” says West Orange, NJ, plastic surgeon Mokhtar Asaadi, MD. “Bromelain helps impede bruising, too, so eating lots of fresh pineapple and papaya—both of which contain the enzyme—can make a real difference.” Probiotics may also be recommended to reduce bruising. (While these supplements are recommended by many surgeons, the longevity and severity of bruising varies from person to person.)

How It Can Make Your Results Better

- Taking a **proactive approach** to preventing bruising also means a speedier and somewhat-easier recovery.
- A bruise is really nothing more than an injury to the soft tissue, and **reducing the amount of trauma** the body incurs, equates to less tenderness as you heal.
- “I find that providing patients with the right mix of supplements, vitamins and probiotics that are specifically designed to reduce the chance for bleeding and bruising during and after surgery **creates an environment in the body for maximum healing**,” says Dr. Bomer. The sooner your bruises fade, the faster you’ll be able to see your results.

“Although some of these holistic treatments are individual physician preferences and may make patients feel better, there is no scientific evidence that they actually help speed up or improve recovery.” —La Jolla, CA, plastic surgeon, Robert Singer, MD

GET YOUR *best results*

CERTAIN PROCEDURES garner optimal results when a preemptive approach is taken. Most surgeons prep the skin, face and body with these treatments and products, in addition to other holistic practices.

IF YOU'RE HAVING A *facelift*

...you may want to prep
your skin with retinol



The results of a facelift are enhanced when your skin is in tip-top shape. "I always have patients begin prepping their skin for surgery with medical-grade retinol or Retin-A," says Dr. Swanson. Using retinol regularly for about six to 12 weeks before surgery will help even out any discoloration, plump the skin and smooth out imperfections on the surface so the quality of the skin looks better once the face, as a whole, has been rejuvenated. Dr. Youn also likes to put his facelift patients on an aggressive skin-care regimen, which usually consists of retinol and other serious active ingredients. "Those who need a facelift usually have many signs of aging and want to see results quickly, which is what these products help to achieve."

IF YOU'RE HAVING A DEEP *chemical peel*

...start on a regimen
of exfoliating agents



If you're battling lines, age spots, scars and a lackluster complexion, then a deep chemical peel can make a world of difference in the tone and texture of your skin. But, things can be done beforehand to ensure you get the best results possible. Dr. Asaadi says that whenever a patient is coming in for a deep peel, like a TCA peel, he has them use Retin-A in advance to prep their skin. "Any time the skin is being treated beforehand with a peeling agent, it will make the results of the actual chemical peel that much more effective."



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"The extra money and energy spent on preparing your body for surgery will end up paying large dividends."

- DR. MOTYKIE

NEWBEAUTY TOP DOCTOR!

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Turn to page 161.



To rejuvenate the area under her eyes and eliminate her bags, Duxbury, MA, plastic surgeon Christine Hamori, MD, first performed a lower blepharoplasty. Seven months later, Radiesse was injected to help plump up her wrinkles.

IF YOU'RE GETTING *liposuction*

...consider Endermologie
after surgery



This one isn't pre-surgery prep, but rather a treatment that is done as you are healing. Some doctors, like Dr. Asaadi, instruct their post-lipo patients to have Endermologie treatments (a deep massage therapy done with vacuum suction) to help with residual swelling. "I suggest that my liposuction patients start massaging the areas that were treated about one week to 10 days after surgery. Then, I have them try a session of Endermologie—most of my patients sign up for about 18 sessions," he says. "The thing is, if liposuction is done properly (using the right cannula without too much negative pressure) in the appropriately selected patient, you don't really need all the post-op tricks to fix irregularities." Liposuction is also commonly paired with BodyFX, a cellulite and skin-tightening treatment, and ThermiTight, a minimally invasive skin tightener.

IF YOU'RE GETTING A *tummy tuck*

...you may want to follow
it up with SculpSure



While the idea behind a tummy tuck is to get rid of loose skin and extra fat and reshape the abdomen, Dr. Youn says for some patients, only so much fat can be removed at the time of the surgery. "Pairing a tummy tuck with SculpSure (post-procedure) allows us to get rid of the excess skin and still address some of that leftover fat in the tummy. SculpSure allows us to reduce the fat nonsurgically as opposed to having the patient go back into the operating room to have liposuction after she's fully healed," he adds. "The trend now is to get patients even thinner without surgery by lasering out the extra thickness."

IF YOU'RE GETTING LOWER *blepharoplasty*

...a bit of filler or fat can
maximize the results



Removing fat and extra skin from the lower-eye area can make a difference in the overall look of the eyes. But, Dr. Youn says it's not uncommon for the under-eye area to look a little hollow after it's been operated on (some people have hollowing even if they haven't had eye surgery), and that's where fillers come in. "Surgery removes puffiness, but adding filler into the hollow under-eye area acts like an adjunct procedure to finish off the result," he explains. La Jolla, CA, plastic surgeon Robert Singer, MD, adds that micro-fat grafts can also improve under-eye hollows and may even be more cost effective than fillers because they last longer.

IF YOU'RE HAVING A *"liquid facelift"*

...the right prep work can
limit bruising and swelling



While most of us may not think there's much to do to prepare for a "liquid facelift," Dr. Bomer says it's important to take a holistic approach with this procedure, despite the fact that it may be more challenging. "In my practice, I make recommendations for how to easily prepare for the procedure two weeks prior," she explains. "This includes starting a vitamin K-rich diet, stopping medications that increase bleeding, consuming bromelain and oral arnica, and applying arnica cream to the areas that are most likely to bruise."



transform.

HOMEOPATHIC MEDICATION

What It Does: Combining Eastern and Western medicinal practices, the use of homeopathic medicine, which can include herbal and botanical tinctures, as well as vitamins, helps to assist in wound healing to reduce the severity and longevity of swelling, inflammation and bruising. Some doctors believe taking a homeopathic approach to recovery helps mitigate some of the side effects of anesthesia, like nausea. “In general, any supplements that decrease inflammation, restore balance to the body and speed healing are always welcome,” says Dr. Motykie.

ACUPUNCTURE

What It Does: The whole idea behind acupuncture is to tune in to what ails you and rectify it with the placement of tiny needles in a select area of your body. For those patients who have a low threshold for pain or are experiencing worse-than-expected pain following a procedure, acupuncture can help manage and alleviate discomfort for a better recovery. “Some practices incorporate acupuncture as a recovery tool,” says Dr. Chastant. “It can also be offered during less-invasive procedures such as fillers and liposuction to help with intraprocedural discomfort.”

REIKI

What It Does: Surgery can be stressful on both your mind and your body. Reiki healing, which is a form of energy work without the use of physical touch, is thought to help reduce postsurgical stress by passing energy between the healer and the patient to put the body into a more positive state. This is said to help it heal as naturally and effectively as possible.



healing
HELPERS

GOOD RESULTS not only depend on genetics and the skill and expertise of your surgeon, but also on your body's ability to heal. “Many surgeons offer these procedures in their office, and if not, they can refer you to a qualified practitioner,” says Dr. Singer. Here's what to do after you've been operated on.

IV DRIPS

What They Do: It's not uncommon to have your plastic surgeon administer a special antibiotic IV drip for about an hour directly before your surgery. Dr. Gawley likes to have his body-contouring patients receive IV drips and B12 injections to ramp up their metabolism. “Patients are encouraged to have a treatment several days prior to surgery so they are fully hydrated and their body can take advantage of the vitamins and minerals,” he says. “Because the IV drips contain B vitamins, they contribute to energy metabolism by helping your body turn carbohydrates, proteins and fats into usable energy.”

LYMPHATIC DRAINAGE MASSAGE

What It Does: After liposuction, or even a facelift, lymphatic drainage massage is often recommended because it breaks up the swelling. However, most doctors, including Dr. Chastant, say patients must wait until they have approval from their surgeon before initiating the massage. Otherwise, there can be an impact on the outcome of the procedure, which sometimes leads to complications. Just like with surgery, seek treatments from a licensed professional that is trained in the technique and knows the healing process of the procedure you had done.

HYPERBARIC OXYGEN THERAPY

What It Does: While there's no hard science proving that oxygen chambers speed up healing, doctors who recommend them seem to believe they work if there is delayed healing and excessive bruising after surgery. They're also said to be a great adjunct to laser-resurfacing treatments, helping to accelerate the recovery process and make the skin feel more comfortable. “I've occasionally sent patients with healing problems to oxygen chambers, especially if they are smokers, as it may help heal them faster,” says Dr. Youn.

JONNIE MILES/GETTY IMAGES; IMAGENORE CO. LTD./GETTY IMAGES

recover IN STYLE



DID YOU KNOW?

In most major cities, plastic surgeons have special arrangements with resorts and hotels for patient recovery. Private-duty nurses are also available to maximize comfort at the patient's home.

JUST BECAUSE you have surgery, doesn't mean you have to spend your days of recovery cooped up at home. Take solace in the fact that you can heal in the lap of luxury at these specialty facilities. “When a patient undergoes an intensive surgery, such as a facelift or necklift, we often recommend they spend one or two nights at a luxury center with an overnight-care nurse. Taking time to truly heal and have a care provider by your side to alleviate worry is crucial to achieving a good result with minimal downtime,” says Dr. Lieberman.



Serenity Post Surgical Recovery Center

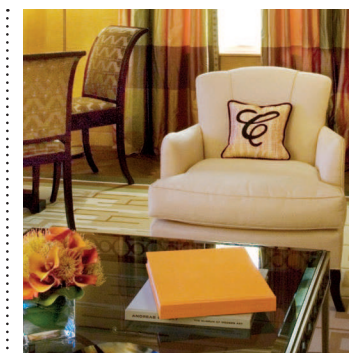
- **Where it is:** Santa Monica, CA
serenityaftercare.com
- **What it costs:** \$1,025 per day for a Deluxe Private suite
- **The perks you get:** A driver will pick you up from surgery and escort you through a private entrance; massages, manicures and pedicures, as well as hyperbaric oxygen therapy (with your doctor's order) are available.

VIEW STOCK/GETTY IMAGES



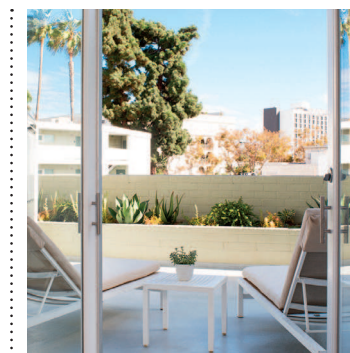
Pearl Recovery Retreat and Wellness

- **Where it is:** The SLS Hotel in Beverly Hills, CA
pearlrecoveryretreat.com
- **What it costs:** Starting at \$975 per night
- **The perks you get:** Around-the-clock care with a private, in-suite nurse; hyperbaric oxygen therapy treatments; gourmet food by world famous chef José Andrés; and specialized juice cleanses. The key here is ultraluxe comfort with a world-renowned staff.



The Carlyle Hotel

- **Where it is:** New York, NY
rosewoodhotels.com
- **What it costs:** \$625 for a Superior Suite, which is what most recovery clients book
- **The perks you get:** A private back entrance and help from the staff to organize your arrival. Plus, almost any plastic surgeon on Park Avenue (the hotel partners with 22 plastic surgery offices located on the Upper East Side) will recommend The Carlyle.



ALLURE After After Care

- **Where it is:** The Avalon Hotel in Beverly Hills, CA
allureafteraftercare.com
- **What it costs:** Starting at \$975 per night
- **The perks you get:** Private concierge nursing care that is tailored to your needs; transportation from your surgery to your suite; a private patio; memory foam medical beds; juice cleanses; spa treatments; hyperbaric oxygen therapy; IV therapy; Endermologie; hairstyling and blowouts; and nail services.