

## **Tips on Optimizing Healing after Aesthetic Procedures**

- Schedule your elective surgery during a period of relatively good health in order to give your immune system the best chance toward a speedy recovery.
- Obtaining sufficient nutrients is important for recovery. You should supplement your diet before and after surgery with vitamin A, vitamin C, zinc, copper, and selenium.
- Choose high quality protein sources such as fish, poultry, beans and meat to consume as the most important healing elements are calories and protein. Extra protein is needed to build new tissue and increase production of cells that repair wounds.
- Discontinue taking certain supplements such as dong quai, Echinacea, fish oil, garlic, ginkgo biloba, ginseng, kava kava, ephedra, St Johns Wort and vitamin E as these can cause increased bleeding. They should be discontinued two weeks prior, and two weeks post surgery.
- You may take Arnica, a homeopathic supplement for bruising and swelling, which is offered both topically and orally.
- Stay well-hydrated. Drink at least 6-8 glasses of water each day, especially the day prior to surgery.
- Take probiotics with antibiotics if prescribed. This is the best way to avoid gastrointestinal upset.
- Do not take aspirin or aspirin containing products two weeks prior to surgery.
- Do not drink alcohol 72-hours before surgery and 72-hours after surgery. Alcohol suppresses the immune system and increases bruising.
- Do not smoke two weeks before surgery and two weeks after surgery as smoking inhibits wound healing because less oxygen is supplied to the body's cells. It also increases the risk of complications/infection.

Thank you,

Lakes Cosmetic Institute Staff