Elite Plastic Surgery

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SURGICAL RECOVERY PROTOCOL

The team at Elite Plastic Surgery takes your health and healing seriously. Years ago, Elite Plastic Surgery implemented the Enhanced Recovery after Surgery or ERAS. The ERAS protocol addresses aspects of your perioperative time, or your pre-surgical, during surgery, post-surgical phases. This includes the use of epidurals or nerve blocks to numb the surgical areas for up to 3 days post-procedure, careful use of opioid medications and early post-surgical mobilization to name a few. These protocols have been shown to increase patient satisfaction, decrease complications and decrease hospital length of stay.

Elite Plastic Surgery has begun a new program that will take your healing one step further. Both Dr. Rozbeh and Radbeh Torabi have researched elements that you can do pre-and post-surgically which will increase your healing and decrease your downtime. These elements include proper nutrition, peptides, lymphatic drainage (manually or vibration therapy) and with our hyperbaric oxygen chamber. All of these options are available to you and located conveniently at our Phoenix location.

Dr. Torabi's pre/post-surgery protocol recommendations:

1. **Thorne Supplements:**
    a. **Thorne Daily Greens**

Thorne's Daily Greens should be added to your diet 2 weeks prior to your surgery and continued throughout your healing experience.

Daily Greens provides a nutritional foundation to prepare you and your body for proper healing. It is a nutrient-dense source of nutrients, vitamins, minerals and antioxidants which supports cellular repair and supports a healthy immune response. It will also provide support for mental and physical endurance during your recovery.

b. **Thorne Liver Cleanse**

Anesthesia during surgery can stay in your body for weeks and can present in patients as brain fog and fatigue. Thorne's Liver Cleanse will help you detoxify the anesthesia more quickly so you can return to your clear mind.

c. **Thorne FloraMend Prime Probiotics**

Medications and the stress of surgery can disrupt our gut microbiome. Probiotics help balance the gut and re-introduce good bacteria that we lose during the perioperative period. Probiotics have potential benefits to support digestive health, support the immune system and reduce antibiotic-associated issues.

d. **Thorne Quercetin Complex**

Quercetin has a broad range of perioperative support including antioxidants and anti-inflammatory effects. Thorne's Quercetin Complex also has Bromelain which will help against bruising and swelling which will increase your healing process.

e. **Thorne Collagen Plus**

Collagen is a protein that is a fundamental component of skin, bone, muscle, tendon and ligaments. Collagen intake during the healing process will help minimize scar formation by increasing skin elasticity, hydration and overall appearance.

2. **LVL UP Product- WOLVERINE COMBINATION (BPC and TB4) (pills)**
    a. Advanced Healing and Regeneration
        1. Synergy of BPC-157 and TB4-Frag for tissue repair
        2. Enhanced peptide bioavailability with SNAC
        3. This composition aids in fast recovery from injuries by modulating inflammation and promoting healing



3. **Vibration therapy** – Two sessions per week are recommended, starting 2 weeks prior to surgery continuing for 4 weeks post-surgical.

Studies have shown that whole body vibration therapy has many post-surgical benefits including an increase in strength, range of motion and a decrease in swelling and pain. The vibration therapy plate has other benefits including aiding weight loss, fat burning, enhances blood flow and reduces muscle soreness and can be used even when you are all healed up.

4. **Lymphatic Drainage Massage (manual):** cost varies per therapist. Massage can be started just days after your surgery.

Manual Lymphatic Drainage Massage can help healing after surgery by relieving swelling that occurs after surgery. The massage helps push the excess lymph fluid to areas with lymph vessels. This is especially helpful in patients that had lymph nodes removed during their mastectomies. Lymphatic Drainage Massage is highly recommended post op care for many of the surgeries that we perform here at Elite Plastic Surgery include breast reconstruction, liposuction, abdominoplasty, fat grafting to the

breasts or buttocks. This procedure is not currently performed in our office, but we partner with many great massage therapists throughout the valley and can provide you with their contact information.

WEST VALLEY
AZ Lymphatic Massage: Amy (512) 554-8694
Amyvanderson@hotmail.com
7200 West Bell Road Suite G-103
Glendale, AZ 85308
https://www.AZlymphaticmassage.com

EAST VALLEY
Sun Angel Lympathic Massage: Julz (480) 296-1172
1430 Horseshoe Drive, Chandler, AZ 85249

SCOTTSDALE
Pink Ribbon Lymphatic Massage
(480) 313-1450
10601 Hayden Rd suite i-108, Scottsdale, AZ 85260

Lymphatic Healing Center: Nancy (480) 560 - 1600
8149 E Evans Rd #5 Scottsdale, AZ 85260
https://lymphatichealingcenter.com/

5. **Hyperbaric Chamber**: Three sessions per week, five to twenty sessions are recommended.

The air we breathe is 21% oxygen. A Hyperbaric Chamber Oxygen Therapy (HBOT) delivers 100% pure oxygen. The increased oxygen circulating gives the body many benefits including:

- Increasing blood flow to the surgical sites
- Stimulates the growth of new blood vessels
- Decreases inflammation and swelling
- Weakens infection-causing bacteria

6. **Skinuva** - Scar Treatment (to be applied 5-7 days postoperatively)
    a. Skinuva Scar
    b. Skinuva Scar plus SPF 30
    c. Skinuva Brite



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7. **Silagen** - Medical grade silicone scar treatment (to be applied once the incision has closed)
    a. Silagen Strips
    b. Silagen Gel
    c. Silagen BellaButton (for tummy tucks for the belly button)

SILAGEN is 100% Pure Silicone and protects the incision/scar from the environment. It comes in strips that you may apply and wear for 23 hours a day, you will take it off while showering then reapply the same strip. It also comes in a gel, one with SPF and one without. **Silagen** helps to flatten, soften and smooth the scar. It also reduces the redness, discoloration, itching, and pain associated with scars. We have **Silagen** available for sale in our office as well as on our website store.

a) Silagen Clear Lollipop
b) Silagen Abdomen Sheet
c) Silagen 15 g and 30 g without sunscreen
d) Silagen 15 g and 30 g with sunscreen



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