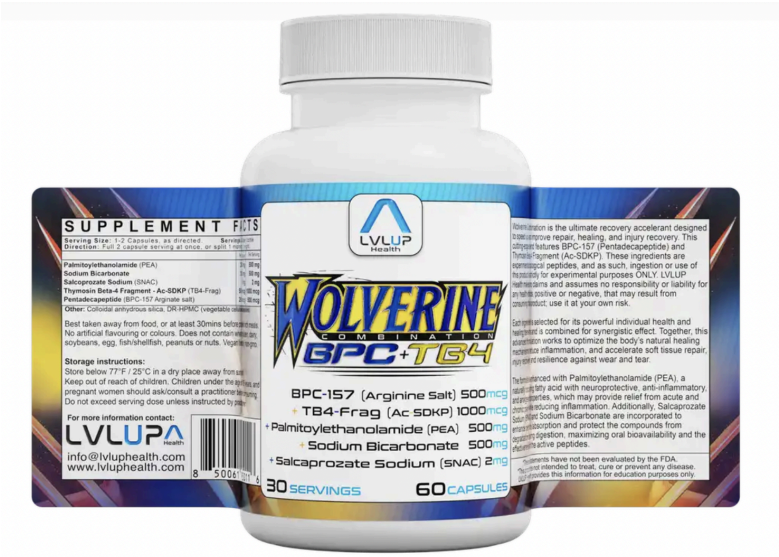
Promoting Positive Outcomes

Think of your surgical experience as running a marathon. The surgery is just the first mile of the race. Next is the recovery which will round out the majority of the race. We want your body to be as prepared as possible to heal right and look great! Here are some good pearls that will help you through this.

ONLINE SHOP ACCOUNT

HIGHLY RECOMMENDED TO EXPEDITE POST OPERATIVE HEALING:
LVL UP

- **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



INCISION SITE/SCAR MANAGEMENT:

ROZBEH TORABI, MD ¤ RADBEH TORABI, MD ¤ RAMYAR TORABI, MD ¤ KRISTA SINCLAIR, FNP-C, RNFA
Scottsdale | 8322 East Hartford Drive Suite 102 Scottsdale, AZ 85255 | Tel. (480) 291-6895 | Fax: (480) 948-3750
Chandler | 1120 S. Dobson Rd. Suite 110 Chandler, AZ 85286 | P: (480) 937-0180 | Fax: (480) 948-3750

To achieve the best results for your scars please avoid sun hitting the area. The sun can cause the scar to darken and thicken. Remember to use sunblock and if you are outside with the scar visible please reapply sunscreen every 2 hours.

SILAGEN Medical grade silicone scar treatment *(to be applied once the incision has closed)*
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 Breast Kit
b) Silagen Strips (Price Varies based on Size)
c) Silagen 15 g and 30 g without sunscreen
d) Silagen 15 g and 30 g with sunscreen



SKINUVA - Scar Treatment (to be applied 5-7 days postoperatively)

a. Skinuva Scar
b. Skinuva Scar plus SPF 30
c. Skinuva Brite



SUPPLEMENTS

THORNE SUPPLEMENTS:

a) **Daily Greens**

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

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

b) **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) **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) **Quercetin Complex**

Quercetin has a broad range of perioperative support, including antioxidants and anti-inflammatory effects. Thorne's Quercetin Complex also has Bromelain, which helps against bruising and swelling and increases healing.

e) **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.

POST OPERATIVE TREATMENTS

VIBRAWAVE: Vibration therapy – $27 for a 10 min session. Two sessions per week are recommended, starting 2 weeks prior to surgery and 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, enhancing blood flow and reducing muscle soreness and can be used even when you are all healed up.

HYPERBARIC OXYGEN THERAPY:

We have a Hyperbaric Oxygen Machine in the office to help our patients recover faster but can be utilized for much more. Hyperbaric oxygen therapy (HBOT) is a medical treatment that involves breathing pure oxygen in a pressurized chamber. HBOT has been used to treat a variety of medical conditions, including decompression sickness, carbon monoxide poisoning, and wounds that are slow to heal.
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:

- Increased production of new blood vessels
- Reduced inflammation
- Improved wound healing
- Increased production of antioxidants

- Reduced oxidative stress
- Increased levels of nitric oxide
- Improved cognitive function
- Increased lifespan in animal studies



DIET: Your body needs proper nutrition to heal appropriately. We ask our patients to increase their intake of fresh foods before and after surgery. Please take note, your body needs protein to heal. If you are unable to maintain a diet higher in protein during recovery we have Juven for sale on our website store. Clinical studies show Juven improves wound healing.

EXERCISE: Exercising before surgery can help your heart and lungs making you stronger during surgery. Surgery puts a patient at risk for blood clots so it is important to plan to walk twice a day following surgery. At first, your walk may just be a five-minute walk in your home but you should plan to increase every day. The more you move, the quicker you will get your strength back.

SMOKING CESSATION: Please do not smoke, even E-cigarettes, during your healing. You will have a harder time healing as there is a reduction of blood that carries oxygen to your healing tissue.

MENTAL HEALTH: We all have busy lives. Please recognize around week 2 it is normal to be frustrated that your level of activity is not what it usually is. It is common for many patients to go through a small bout of depression during this time. Keep in mind this is temporary and we are confident you will find the surgery worth it. Please tell us if you are being treated for depression prior to surgery.

GARMENTS: If you are asked to wear a post-surgical compression garment please plan to wear it for a total of 6 weeks. Depending on your healing we ask patients to wear it 24 hours a day for 7 days a week for 4 weeks, except while showering. Week 5 & 6 please plan to wear it 12 hours per day either AM or PM, whichever is most comfortable for you.

LYMPHATIC MASSAGE: Many patients will benefit from Lymphatic Drainage Massage after surgery. This type of massage helps to flush out excess fluid build-up, or swelling, caused by your surgery. Each person will heal differently and different surgeries can produce a different amount of swelling so our experienced Massage Therapists can create a plan specifically for you. We will have a list of our Massage Therapists that you may contact depending on which part of the valley you live.

A) 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 who 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 including 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 Lymphatic 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/

MOBILE LYMPHATIC MASSAGE

Fatima Torres
Cell: 480-658-6725

Please visit our On-line store at: **ElitePlasticSurgeryAZ.com**

ONLINE SHOP ACCOUNT

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