



HEALING & REALISTIC EXPECTATIONS

“Once you have undergone 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 and changes.

Sharing your experience with friends and family can help give you a support system during your recovery, but realize they may unwisely 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 reassure 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. **Do not let negative or critical comments from “friends” or family bring you down. They often do not comprehend the surgery, your unique anatomy and the healing process and may make you feel more self conscious.** They may expect “perfection” while you have been told of the realistic limits. Do not judge early results based on casual photographs. Camera lenses may create unflattering artifact and distortion. Stay away from “selfies” as they create optical distortion.

Your healing will depend on many things such as your general health, your willingness to follow instructions, and your mental attitude toward recovery as well as your genetic predisposition. **While we can perform the surgery, we cannot “heal” you and we cannot control how you heal.** It is up to you to be an active participant in your recovery process to help your body heal the best that it can. A certain degree of unpredictability or variability in results are inherently due to each patient’s genetics and healing process. We operate on living tissue and not a stationary block of granite. There are no screws or metal rods holding things in place. Things will change. Asymmetries are normal. Your body will heal and will change over time and results change too with time. As swelling comes down year after year the results will change. Perfect symmetry or smoothness is often impossible. The goals are improvement. Things will change year after year so don’t wait for “final results.” Enjoy the improvements every day.

Following all of our instructions is very important, as is working with us to address any issues that may arise. Even surgeries that are done perfectly, can have issues 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 surgery has unexpected results from time to time since every patient is different.

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 a 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. You must promise to not give up part-way through your natural healing course. Seeking more surgery or revision before at least 3 years have passed is usually unwise as scar tissue takes 3-5 years to mature and melt. Be patient and be positive. Do not lose faith.

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.”

Sincerely,

Dr. Jessica Kulak

Dr. Shervin Naderi

Dr. Alexandra Snodgrass

Your Physicians at The Naderi Center for Plastic Surgery and Dermatology