

GIRLTALK

A Girlfriend's Guide to Breast Augmentation



Live Beautiful



Fleming Island
Plastic Surgery



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YOUR SURGICAL JOURNEY

Many women have been right where you are, trying to decide whether breast augmentation is the right choice and whether now is the right time. Don't worry. We will be right there with you every step of the way! This simple guide will help you throughout your entire journey, providing you with education, resources, tips, tricks, and some good old fashioned, helpful advice.



TIPS FOR CHOOSING THE RIGHT SURGEON

Undergoing surgery is an important decision and one that only you can make. We encourage you to ask yourself, why am I considering this surgery? If you're not doing it for yourself we want you to reconsider.

If you're unhappy about your breast shape, size, volume or asymmetrical appearance, breast augmentation is likely an option for you. During your consultation with Dr. Wallace, he'll help you decide which procedure will create the ideal look for you.

Dr. William Wallace

Board Certified in both Plastic Surgery and General Surgery, Dr. William Wallace combines technique with art in providing patients an individualized result best suited to their desires.

A member of both the American Society of Plastic Surgeons (ASPS) and the American Society of Aesthetic Plastic Surgery (ASAPS), Dr. Wallace is on the forefront of emerging techniques and procedures.



1 Understanding Board Certification

Make sure the surgeon you choose is board-certified in PLASTIC SURGERY by the American Board of Plastic Surgery. The American Board of Plastic Surgery Website will tell you if a doctor is board-certified in plastic surgery.

www.abplasticsurgery.org

Why is it so important to have a board-certified surgeon? Because legally any surgeon is permitted to do any procedure. That means, even an oral surgeon could legally perform a breast augmentation. And yes, this kind of thing happens in the real world! Don't be fooled into thinking that all board certifications are equal because they aren't. Requirements to become Board Certified in Plastic Surgery are very strict and include the following:

- Graduate from an accredited medical school;
- Complete at least six years of surgical training following medical school with a minimum of three years of these in a plastic surgery residency training;
- Pass comprehensive oral and written exams;
- Perform surgery in accredited, state-licensed, or Medicare-certified surgical facilities;
- Follow a strict Code of Ethics;
- Continuing medical education, including patient safety.

2 Check the surgeon's record & ask about hospital privileges

- Be sure to check the State of Florida Medical Board's website which can be found at www.flboardofmedicine.gov/
- Look for malpractice judgments, plus any disciplinary actions by the board.
- It never hurts to do a Google search too.
- Even if you're having a plastic surgery procedure at an outpatient clinic that is not affiliated with a hospital, it's worth asking where the doctor has hospital privileges, because hospitals do background checks. If a surgeon doesn't have hospital privileges somewhere, that's a red flag.

Dr. Wallace holds medical privileges at 6 different medical locations in the Fleming Island, Orange Park & Jacksonville area. His expertise in facial trauma was also a fundamental building block in opening the Level 2 Trauma Center at Orange Park Medical Center.

3 Come Armed with Questions

One crucial question for your potential surgeon is how often he or she does the procedure you're interested in and how often he or she uses the implants you have chosen. The more frequently performed, the more experience obtained. The [American Society of Plastic Surgery](http://www.asps.org) has a list of questions you can print out and bring with you to the doctor's office. We suggest asking these questions at a minimum.

You should never feel rushed through the consultation with your surgeon, but being well prepared will help make the best use of the time. Bring a trusted friend or family member with you. It's easy during a consult with your surgeon to forget even the most obvious questions. As the old saying goes, two heads are better than one!

4 Understanding the Risks

Although the risk of having a complication with breast augmentation is extremely low, the possibility exists for every surgical procedure.

In 2016, approximately 290,467 women in the U.S. have had a breast augmentation. Just because this procedure is very common, doesn't mean that breast augmentation is a risk free procedure. Just like other surgical procedures, there is the possibility of complications, such as infection.

Dr. Wallace will go over the risks in detail during your preoperative consultation so that you fully understand the risks and likelihood of occurrence.



Dr. Wallace realizes that if you experience a complication after surgery, it can be a burden financially, especially if it requires a trip to the hospital. Your personal health insurance may not cover complications that may arise from a cosmetic procedure.

That's why Dr. Wallace provides an extra layer of protection for you. During your preoperative consultation, you will be given more information about CosmetAssure, an insurance policy he purchases just for you!

Basically, CosmetAssure helps patients cover the costs if an unexpected complication arises post operation, keeping the patient out of financial loss.

If the unexpected occurs, CosmetAssure will pay you directly. This is the only insurance company endorsed by the American Society of Plastic Surgeons and the Alliance Partner of the American Society for Aesthetic Plastic Surgery.



It's Official!

YOU'VE DECIDED TO GO FOR IT

The next road you will go down on your surgical journey is to decide what size and shape of implant will give you the look and feel you desire. Don't worry, we will be there to help you! During your sizing consultation, you will have real implants (we call sizers) to play with. Here are a few things we recommend you plan for during your sizing visit:

- Wear your favorite bra (not the most comfortable one, but rather the one that makes you look the best).
- Wear or bring 1-2 favorite outfits.
- Bring your favorite swimsuit





CHOOSING THE RIGHT SIZE IMPLANT

When choosing what size of implant you want, our #1 recommendation is, don't think about bra/cup size. There are several reasons why we say this.

- 1 Cup sizes tend to change for all women from one bra manufacturer to another;
- 2 Many women have never been professionally fitted for a bra and therefore wear the wrong size already;
- 3 Implant size does not really correlate to cup size;
- 4 Many women will choose a smaller implant solely to avoid cup size stereotypes;
- 5 The shape of the implant impacts your desired look as much as the size.

Suggestion: Take time to play with implants that you think are "way too big for you." We have sizes from 125cc to 500cc. (cc refers to the volume of fluid filling the implant). Why play with large implants you ask? Reports show that, 90% of women regret not choosing a larger implant. Get yours right the first time! No reason to pay for two surgeries or to put your body through a second procedure because of a silly stereotype.

Dr. Wallace has two goals when he has you try on sizers.

- 1 Find a size you LOVE and then
- 2 Find a size that's too big so later if you're second-guessing your size choice, he can remind you that you didn't like the next bigger size.

CHOOSING THE RIGHT SHAPE & TYPE OF IMPLANT

Don't worry. Dr. Wallace and the FIPS team will help you choose what's right for you. You will have as much time as you need, even multiple visits if necessary, until you feel sure you have picked the perfect implant.

Here are the basics to know:

Types of implants: *Silicone vs. Saline*

Saline implants consist of a silicone outer layer with a sterilized salt water solution that is filled after placed in the breast.

Silicone implants are prefilled & have a thicker gel-like consistency. They are more natural feeling as compared to saline implants.

Both types are safe and both offer certain advantages. During your consultation, Dr. Wallace will go into more detail and answer any questions you have.

Shapes of Implants: *Teardrop vs. Round*

The implants can come in a teardrop shape, which makes the breast appear more naturally shaped, or the choice of a rounded shaped implant, which typically makes the top of the breast appear fuller.



Choosing the Right Implant Profile

There are several different profiles to choose from, depending on the look you want to achieve. During your consultation with Dr. Wallace, he spends time with you to understand the shape you desire and will then suggest the implant profile that is best for you.



COMING TO A CROSSROAD

NO SMOKING

Plastic Surgery procedures (even more so than many other surgical procedures) change the blood supply to the underlying tissues. Often during plastic surgery procedures, your skin, where many blood vessels live, is moved around and/or even removed. If there aren't enough blood vessels left intact, the tissue will die or not heal. So, while your surgeon takes great care to leave a sufficient amount of blood supply when performing your surgery, if you smoke, you damage the remaining blood supply greatly. That's obviously not a good thing. And, while nicotine is the most dangerous element effecting blood supply, the carbon monoxide and hydrogen cyanide contained in cigarette smoke certainly doesn't help healing either.

To protect you, Dr. Wallace will not perform elective aesthetic surgical procedures on patients who are actively smoking. Patients will be asked to be nicotine free prior to surgery. This means, no cigarettes, no hookah, no vaping, no patches, and no nicotine gum. Prior to surgery, we will perform a test for nicotine and will have to reschedule your surgery if the results are positive. So, there is not a better time to quit than right now. Think you might need help with quitting? Please contact your Primary Care doctor or consider hypnotherapy. There may be non-nicotine medication that can help.

PREPARE YOUR BODY FOR SURGERY

There are some medications and supplements that you may need to discontinue before having surgery. Please make sure that you give Dr. Wallace a complete list of all prescription medications, vitamins, and supplements that you take. Here are a few that might interfere with having a good surgical outcome:

**Phentermine, (or diet medications,) must be stopped at least 4 weeks before surgery.*

- | | |
|---------------------------|----------------------------|
| • Aspirin | • Melatonin |
| • Garlic | • Flaxseed |
| • Ginkgo Biloba | • C O-Q 10 |
| • St. John's Wort | • Avocado |
| • Vitamin E | • Salmon |
| • Chromium Piccolinate | • HcG |
| • Ephedra Fish Oil | • Methotrexate |
| • Valerian Root Kava-Kava | • Prednisone |
| • Licorice | • Ibuprofen, Motrin, Aleve |
| • Echinacea | |
| • Feverfew | |
| • Ginseng | |
| • Goldenseal | |



MAKE YOUR HEALTH A PRIORITY!



EAT WELL

Protein plays a very important role in the recovery and wound healing process so be sure not to deprive yourself of protein.

EXERCISE, BUT NOT TOO HARD!

Exercising too hard can actually weaken your body before surgery. Maybe try some light cardio and core strengthening exercises in your preparation. Going into surgery at your desired weight goal not only helps with healing, but it will also maximize how you feel about your results! But, please, no extreme dieting which can lead to lack of nutrition. Just eat right and exercise.

STAY HYDRATED!

Be sure to drink plenty of water and drinks that help your electrolytes stay balanced, like Gatorade.

A FEW LAST MINUTE TIPS

Don't get pregnant:

As a precaution, the surgery center will give you a pregnancy test the morning of the surgery. If you become pregnant your surgery will need to be postponed.

Pamper Yourself!

We think that part of preparing your body should include a little pre-surgery pampering. We want you to look and feel your best soon after recovery!

Now is the time to get your hair done! If you are having a face procedure, it might be awhile before you can get your hair colored so don't delay.

Maybe grab a mani and a pedi (light color or no polish on fingernails please!)

Our aestheticians provide a wide range of services. Get your eyebrows waxed, enjoy a relaxing facial, or maybe even have a massage.



PREPARE YOUR NEST

Your recovery will be much easier if you are prepared in advance. Below is a checklist of things we recommend for you to have ready the day you come home from surgery.

- ☐ Easy to eat, healthy snacks, yogurt, granola bars, fresh vegetables and fruits
- ☐ Fresh pineapple (which actually helps with the healing process because it has anti-inflammatory benefits)
- ☐ Easy to prepare foods such as soups or foods cooked in advance that you can easily re-heat
- ☐ Low sodium foods after your surgery (to minimize and reduce swelling)
- ☐ Nuts, Crackers, Cheeses, protein shakes
- ☐ Water, tea, electrolyte drinks such as Gatorade (to stay well hydrated)
- ☐ Clean your house & do the laundry. You will not be able to do chores for a while

Couch/Bed Necessities

- ☐ Cell phone charger
- ☐ TV remote
- ☐ Light weight blankets/throws (NO heating pads)
- ☐ Measuring cup (if you will have drains after surgery)
- ☐ Reading materials and this Guide of course!

No Stress RECOVERY PLANNING CHECKLIST

ITEMS TO HAVE READILY ON-HAND:

- ☐ Stool softener of your choice (anesthesia and pain meds can cause constipation);
- ☐ Anti-bacterial soaps such as Gold Dial bar soap;
- ☐ Movies, magazines, or books/eReader to combat the downtime boredom;
- ☐ Loose and comfortable sleep clothes and for lounging around;
- ☐ Slippers that are easy to slip on and off;
- ☐ Flexi-straws;
- ☐ Extra compression garments or post-surgical garments;
- ☐ Bacitracin or Triple Antibiotic Ointment;
- ☐ Karo Syrup & Ziplock baggies...YES that's right, Karo Syrup! Pour some Karo Syrup in a double baggie Ziplock and place in the freezer. If you need a cold compress, this little home remedy is reusable, soft, easy to mold to your body and oh so cost effective! Frozen bags of green peas work great too;
- ☐ Arrange for someone who will be supportive emotionally and physically to stay with you for a few days (# of days depends on procedure);
- ☐ Have pets? Be sure to have someone lined up to help care for them. You may have limitations about bending and lifting which could make caring for them impossible.

THE DAY BEFORE YOUR BIG DAY

- Get some rest! Take it easy today and go to sleep early.
- Confirm check-in and surgery time and travel directions. Be sure that your caregiver/driver is on the same page.
- After a certain amount of time, usually midnight, you will be allowed the smallest sip to brush teeth and take medication, but this is all! No candy, gum or ice chips!
- Shower using suggested soap or pre-op prep solution recommended by Dr. Wallace or the surgery center. Be sure to get clear instructions on shaving since improper shaving can delay surgery.
- Make sure that your nail polish is light. We are okay if you wear it, we are even okay if you have gel/shellac nails... just make sure that the polish is not dark. The oxygen sensors needs to get a clear reading from your fingertip.
- Leave your valuables behind but do bring your driver's license, insurance card, eyeglasses (no contacts allowed) and your prescriptions.
- For the car ride home, have a small snack ready (maybe some crackers) with bottled water. Have a pillow and a blanket handy for the ride home.



YOUR BIG DAY IS FINALLY HERE!



Get Excited!

This is the day you transform into an enhanced version of yourself! Let's make sure this part of your journey is bump free. Just a few reminders:

- Be sure to review your preoperative instructions as soon as you wake up;
- Remember to follow showering & shaving instructions;
- Don't wear contacts (glasses only);
- And, be sure to wear comfortable, loose fit clothing.
- Be sure your driver has directions to the surgery center;
- Do not eat or drink anything. Resist the temptation!
- Do not wear deodorant, lotion, makeup or perfume.

SHOWERING AFTER SURGERY

Most people can't wait to shower after surgery, especially once you start feeling better. Just know, it might be a little more work than you think. Below are some tips to help you take a safe shower 2-3 days after surgery (or as instructed by Dr. Wallace).

- Take short NOT long showers.
- Take warm NOT hot showers.
- If you have drains, clip the drains to a shoelace or a neck lanyard and drape it around your neck. This will keep the drains from dangling. We can't think of one single reason to be worrying about those when you should be enjoying your shower.
- If you have tape/steri-strips on your incisions, KEEP IT ON! Do not take the tape off, we will change them for you in the office.
- Just let the soapy water naturally wash across your surgical wounds. Don't scrub.
- You should have your caregiver nearby the first time in case you get dizzy or overwhelmed, grab that shower stool if you have one!
- Pat your wound to get it completely dry - don't rub.
- Be sure to keep the lotions away from your surgical wounds.
- Don't forget to put your post-surgical bra or binder on after that shower!



UNDERSTAND THE WARNING SIGNS

While we never anticipate that post-surgical complications will arise, it is always a possibility. We want you to know what to watch for and how to react. Please be sure to share this information with your caregiver.

► **CALL 911** if you experience:

- Calf pain or calf swelling
- Chest pain
- Shortness of breath or trouble breathing
- Loss of consciousness

Call Dr. Wallace at (904) 990-3477 if you experience any of these or have urgent questions.

- Trouble voiding (urinating) or trouble having a bowel movement that does not resolve with stool softeners
- Pain that is not being controlled by your medication
- Bright red skin that is warm to the touch
- Allergic reaction to one of your medications
- Excessive pain and swelling in one side versus the other
- Dusky breast (meaning the skin looks pale, not vibrant)
- Fever >101

Deep Vein Thrombosis

DVT

Calf pain could mean that you have developed a DVT which is a very serious risk. We do not take these symptoms lightly and neither should you. All surgical procedures come with a small amount of risk of DVT (deep vein thrombosis). The good news is, Dr. Wallace will take precautions during surgery to prevent DVT, and even better, you can also take some simple preventative measures at home that reduces the risk of DVT.

- Drink plenty of non-caffeinated fluids such as Gatorade and water, at least 60 ounces per day the first 5 days after your surgery – enough so you are voiding/urinating at least every two hours;
- Keep your legs moving by walking every hour while awake and doing ankle and knee bends while in bed;
- Take frequent deep breaths;
- Get out of bed often. It is very easy to want to stay in bed after a surgery, but it is vitally important to become mobile quickly. This does not mean you have to walk fast or far, just short distances often.

Dr. Wallace will want to know how you are doing with these preventative measures, so please keep a record and bring it to your one week follow up appointment.



Pulmonary Embolism

PE

When arteries in the lung are blocked by a blood clot that traveled from other areas of the body (like from a DVT), it is called a pulmonary embolism, or PE. This complication can be life-threatening which is why we want you to call 911 if you experience any of these symptoms:

- A hard time breathing.
- Unusual or fast heartbeat; this may seem like high anxiety.
- Chest pains, usually brought on by deep breaths.
- Coughing up blood.
- Low blood pressure, fainting, and feeling lightheaded.

THE DO NOTS

The first couple of weeks following your surgery are probably the most important to healing well. Follow the instructions given to you by Dr. Wallace and in this Guide, and remember the “nots” which are super important:

- Do not smoke (and don't be around second-hand smoke);
- Do not ignore the warning signs;
- Do not drive while taking pain medications;
- Do not drink alcohol;
- Do not listen to negative people;
- Do not get on the scale (swelling after surgery is normal but will cause weight gain);
- Do not take aspirin, Tylenol, Advil, Motrin or anything while taking your pain medications unless Dr. Wallace has approved it;
- Do not have “bouncy sex” – Dr. Wallace says, “No bouncing, no kidding!”
- When in doubt, do not hesitate to call us!

THE BLUE DAYS AFTER

Toward the end of your journey, some clouds may come – but the sun will shine again. Post-operative depression really does happen. It doesn't happen to everyone, but we want you to understand how to recognize it in case it happens to you! You may start to feel like you have buyer's remorse, regret having surgery, or become tearful. Sometimes patients tell us that they love us, then hate us, then love us again! While the exact cause of the blues isn't known, there are many reasons that can attribute to post op depression, which include:

- You want results ASAP, but the first few weeks after surgery you have swelling, soreness, bruising, taped incisions and discomfort;
- Anesthesia and pain medication side effects;
- Not sleeping well;
- Pain and discomfort;
- Lack of emotional support from loved ones;
- Predisposition to depression.

Just know that this is normal. The clouds will part and the sun will shine. Soon you will look amazing and you will feel great again. But if your depression worsens or does not seem to be going away, please discuss this issue further with Dr. Wallace. He may want to refer you to a specialist or to your primary care physician.



YOU'VE REACHED THE END OF YOUR SURGICAL JOURNEY

SO NOW WHAT?

Once you have healed and revealed the new and improved version of YOU, you may say to yourself, "now what?" Time to get some new bras! We highly recommend you have a professional sizing done so that you are properly protecting your investment!

Then, how about donating your gently worn bras to women in need? Dr. Wallace works with the Quigley House, a local domestic violence shelter. Often, these women leave their homes with only the clothes on their back and bras are hard to come by in the shelter. Your gently used bras will be much appreciated!

FREQUENTLY ASKED QUESTIONS

Q: When will you be able to wear underwire bras?

You will have to wait a month or two to start wearing underwire bras depending on what Dr. Wallace says. In the meantime, wear sportswear bras or the bra that Fleming Island Plastic Surgery offers. We know how much you're looking forward to wearing all of your cute new bras, but this rule is in place so that you have the best results! For your wounds to heal properly, it is best to wait until Dr. Wallace gives the O.K. on wearing underwire bras.

Q: When can you start exercising again?

Start off by taking slow walks the day after your surgery, then you can start gradually exercising more but only as instructed by Dr. Wallace. Do Not overdo it!

Q: Will you be able to breast feed after this procedure?

Yes, you usually are able to breast feed with breast implants. Talk to your surgeon or OB/GYN if you have any concerns.

Q: Will I still be able to have mammograms?

Yes, let the technician taking your mammogram know that you have breast implants. It is important to let them know so they can use special methods on taking the mammogram in order to get the quality x-rays needed for the radiologist.

Q: Can you still detect breast cancer with implants?

With the sub-muscular placement of the implant, or under the pectoral muscle, you can still view about 93% of the breast tissue. With the sub-mammary placement, or above the pectoral muscle, there is an 87% view of the breast tissue with a mammogram.

Make sure to self-examine your breasts so you will know the difference from your breast tissue and your implant



Thank You For Considering Us To Come Along on Your Surgical Journey

CHECK OUT OUR WEBSITE FOR MORE INFORMATION, BEFORE AND AFTER PHOTOS, OTHER
PROCEDURES WE OFFER, PATIENT REVIEWS, AND MORE.

FlemingIslandPlasticSurgery.com



Fleming Island
Plastic Surgery

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