

GIRLTALK

A Girlfriend's Guide to Mommy Makeover



Live Beautiful



Fleming Island Plastic Surgery



SEE WHAT'S INSIDE

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INTRODUCTION

Becoming a mother is the greatest gift in the world but at some point many moms feel like they have lost their identity and slowly begin to lose their confidence and self-esteem. Do you feel like the “old you” has simply disappeared and been replaced with a saggier, less attractive, less sexy version? Well, you’re definitely not alone. Sometimes diet and exercise alone may not be enough to restore you back to your old self. The good news is, you do not have to accept this as status quo! You CAN get back the old version of you (and maybe even a better version)!

So, if you’re ready to embark on a Surgical Journey with us, we will be right there with you every step of the way. Your Girlfriend’s Guide to Mommy Makeover, will provide you with education, resources, tips, tricks ,and some good old fashioned advice to make your surgical journey exciting, safe and ensure that you have the best possible results!

Our Mission

At Fleming Island Plastic Surgery, Dr. William Wallace and our entire team believe in the Live Beautiful Lifestyle. Our mission is to help you achieve the look and feel you have always wanted by providing you with the best treatment plan and options available. We hope that every patient becomes part of our family and remains a patient with us for life

TIPS FOR CHOOSING THE RIGHT SURGEON

Undergoing a Mommy Makeover is a very important decision and should not be taken lightly. Only you can decide if this is right for you and we encourage you to consider why you want the surgery. Whatever your specific reasons, you should only be doing it for yourself.

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 six different medical locations in Fleming Island, Orange Park, Jacksonville and Jacksonville Beach. 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 consultation 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 post-operative complication is quite low, the possibility exists, as it does with any surgical procedure.

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



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 arise from a cosmetic procedure.

That's why Dr. Wallace provides an extra layer of protection for you. During your pre-operative consultation you will be given more information about CosmetAssure, an insurance policy Dr. Wallace 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.

WHAT IS A MOMMY MAKEOVER *Anyway?*

THAT'S A GREAT QUESTION!

The answer is, "It depends." Most frequently, when we talk about Mommy Makeover, we are referring to a tummy tuck and breast enhancement for a woman that has had a child (or children) and wishes to regain her pre-pregnancy figure. But, those are not the only procedures that can make up a Mommy Makeover. Your surgeon will talk with you about your areas of concern and then tailor a treatment plan that will achieve the results you desire. For most women, the body changes after pregnancy that concern them the most are:

- Breast deflation
- Drooping and sagging in the abdominal area
- Bulging in the stomach area
- Abdominal stretch marks
- Vaginal laxity
- New or worse cellulite
- Separation of abdominal muscles
- Stubborn and extra fat in new areas



WHEN IS THE RIGHT TIME?

There are many things that you need to consider when deciding exactly when to have a Mommy Makeover. In addition to the items that make you a good candidate, you also need to do some planning. In particular, a tummy tuck comes with a fairly lengthy recovery. You will have a 2-3 month recovery period in which you will not be allowed to lift over 25 lbs. If you have small children or pets, you will not be able to lift them, which means enlisting help around the clock. While many spouses aim to be supportive, the additional work load can become stressful as the months go by. In the shorter term, for 2-3 weeks, you will need help performing even the most basic daily tasks such as bathing, dressing, cooking, cleaning and shopping. Before you set a date for surgery, make sure you have a well thought out plan with caregivers that are willing and able to help during your entire recovery.



SO YOU'VE DECIDED TO GO FOR IT!

Deciding what areas of your body you want to improve and therefore which procedures you want to have done will have a lot to do with whether your surgeon agrees that you are a good surgical candidate. Before your consultation, ask yourself the following questions:

- 1 Are you in good medical health?
- 2 Are you at your ideal body weight?
- 3 Do you have a positive outlook about having surgery?
- 4 Are your expectations about your surgical results realistic?
- 5 Are you finished with child-bearing?

If you answered no to any of these, Dr. Wallace may determine you are not quite ready for surgery.

MAKE THE MOST OF YOUR CONSULT!

Although you should never feel rushed during your consult, it's still super helpful to prepare in advance. Make a list of all the things you want to ask Dr. Wallace and bring it with you. Even better, bring a friend or a loved one with you! Two heads are always better than one and having an extra pair of ears in the room will help in case you don't remember everything the doctor told you.

It's also a good idea to bring a list of all your medications, including anything you take over the counter such as vitamins and supplements. Many things can affect healing, bleeding, and bruising, so always be honest about what you're taking! We'll tell you more about those items later.

Be prepared to have pictures taken. Most women will feel a certain amount of anxiety during the picture taking process. That's totally normal. You will always have a nurse or medical assistant with you, and anyone you bring to the appointment is welcome to stay with you if you wish.

CHOOSING THE RIGHT SIZE IMPLANT

When choosing the size of implant you want, we highly recommend that you don't think about bra or cup size. There are several reasons why.

- 1 Cup sizes tend to change for all women from one bra manufacturer to another and therefore are not very reliable
- 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 and then later regret not choosing a larger implant
- 5 The shape of the implant impacts your desired look as much as the size

Suggestion: During your consultation, take time to play with implants that you think are "way too big for you." We have sizes from 125cc to 500cc. The cc amount refers to the volume of fluid filling the implant. Reports show that, 90% of women regret not choosing a larger implant within one year after surgery. So, please get yours right the first time so there is no reason to undergo a second surgery!

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 being placed in the breast.

Silicone implants are prefilled and 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 may 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.



IT'S TIME TO QUIT!

NO SMOKING

Plastic Surgery procedures (even more so than many other surgical procedures) change the blood supply to the underlying tissues. 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 will use 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 affecting blood supply, the carbon monoxide and hydrogen cyanide contained in cigarette smoke certainly don't help healing either.

Because nicotine has such a negative impact on your body, your surgeon may not perform elective aesthetic surgical procedures if you are actively smoking. You should be nicotine free prior to surgery. This means, no cigarettes, no hookah, no smokeless tobacco, no vaping, no patches, and no nicotine gum. So, now is the time to quit! If you think you may need help quitting, you may want to consider talking with your primary care physician about medications that can help.

PREPARING 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 us a complete list of all prescription medications, vitamins, and supplements that you take. Here are a few that might increase surgical risks and/or interfere with having a good surgical result:

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



LAST MINUTE TIPS ABOUT GETTING YOUR BODY READY

Don't get pregnant

As a precaution, you will be given a pregnancy test the morning of the surgery. If you become pregnant your surgery must be postponed.

Pamper yourself a bit

Why not treat yourself to a little pre-surgery pampering? We want you to look and feel your best soon after recovery so this is a great time to get your hair done. Massage is a great way to reduce pre-surgery anxiety and stress both of which have negative affects on your body. Having a facial will help your skin look glowing during the first few days after surgery when putting on makeup isn't at the top of your "to do" list. If you decide to have a mani/pedi, please remember only very light-colored polish. No dark polish on your fingernails. Dark polish can interfere with the oxygen monitor during your surgery.

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 DON'T OVERDO IT!

Exercising too hard can actually weaken your body before surgery. Light cardio and core strengthening exercises are usually good options. In addition to exercise being good for your body, going into surgery at your desired weight helps you feel even happier with your surgical results! But remember, no extreme dieting and no extreme exercise.

STAY HYDRATED!

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



PICKING THE PERFECT CAREGIVER

The Squeamish Need Not Apply

For sure, if you decide to have a mommy makeover, you will need a caregiver immediately following your surgery and for a few weeks after. Since that person (or persons) will play a very important role in your recovery, we want to give them a few good tips. Be sure to share this list with anyone that you think may be helping you after surgery!

TIPS FOR CAREGIVERS:

First, if you're squeamish about blood, you may not be a good person for this job. Most of the time, drains are involved in this procedure. Drains help to remove the buildup of blood and fluid during the healing process. These drains may need to be emptied a few times and usually the output needs to be measured and reported to the surgeon.

Do not be a Debbie Downer! Be positive and supportive. This is not the time to make her question the decision to have surgery. Please be supportive and remind her that the recovery process is temporary and it will be worth it in the end!

Know the warning signs so you know when to call for help (see page 16).

Do not let her overdo it. Many women have a hard time asking others for help. Know the limitations given to her by the surgeon and make sure to assist with bathing, dressing, emptying the drains, household chores, meal preparation, kids and pets. Help even if she doesn't ask.

Encourage her to walk around frequently. Short walks, even the same day as surgery, help to avoid complications like DVT.

Remind her to keep the compression garments on at all times or as instructed (see post op instructions).

Assist with getting up and down and provide support while showering.



PREPARE YOUR NEST

Your recovery will be much easier and more comfortable 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 like 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.

Tip

HOW TO MAKE HOMEMADE ICE PACKS

Pour some Karo Syrup in a double baggie Ziplock and place in the freezer. 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!

REMEMBER - Never apply ice packs directly on your skin. Cover with a thin towel and then place the ice pack on top of the towel.

No Stress 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 for lounging around
- ☐ Slippers that are easy to slip on and off
- ☐ Flexi-straws
- ☐ Extra compression garments or post-surgical garments if recommended
- ☐ Bacitracin or Triple Antibiotic Ointment
- ☐ Ice packs **(See Tip)**
- ☐ Arrange for someone who will be supportive emotionally and physically to stay with you for a few days
- ☐ Have children or 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
- ☐ Cell phone charger placed by the bed and the couch
- ☐ TV remote at bedside and by the couch
- ☐ Light weight blankets/throws (NO heating pads)
- ☐ And have this guide handy

THE DAY BEFORE YOUR BIG DAY

- Get some rest! Take it easy and go to sleep early.
- Confirm check-in time at surgery center, 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 only be allowed the smallest sip of water to brush teeth and take medication, but that is all! No candy, gum or ice chips!**
- Shower using suggested soap or pre-op prep solution recommended by your surgeon or the surgery center. Be sure to get clear instructions on shaving since improper shaving can delay your 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.
- 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 too.





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)
- Be sure to wear comfortable, loose fitting 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

You'll probably want 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 as soon 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 or steri-strips on your incisions, KEEP IT ON! Do not take the tape off, we will remove them for you in the office.
- Just let the soapy water naturally wash across your surgical wounds. Do not scrub or rub.
- You should have your caregiver nearby the first time you shower in case you get dizzy or feel overwhelmed. A shower stool can be very helpful too.
- Pat your wound to get it completely dry - don't rub.
- Be sure to keep 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
- A hard time breathing.
- Unusual or fast heartbeat; this may seem like high anxiety but could be a warning sign.
- Chest pains, usually brought on by deep breaths.
- Coughing up blood.
- Low blood pressure, fainting, and feeling light-headed.

Call or Text 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 on one side versus the other
- Dusky breast (meaning the skin looks pale, not vibrant)
- Fever greater than 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 risk of DVT (deep vein thrombosis). The good news is, your surgeon will take precautions during surgery to prevent DVT, and even better, you can also take some simple preventative measures at home that reduce the risk of DVT.

- Drink plenty of non-caffeinated fluids such as Gatorade and water, at least 60 ounces per day for the first 5 days after your surgery or 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 may 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 but could be a warning sign.
- Chest pains, usually brought on by deep breaths.
- Coughing up blood.
- Low blood pressure, fainting, and feeling light-headed.

THE DO NOTS

The first couple of weeks following your surgery are probably the most important. 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 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 your surgeon has approved it
- 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 post-op blues isn't known, there are many things that can contribute to post op depression:

- You want results ASAP, but for the first few weeks after surgery, you have swelling, soreness, bruising, taped incisions and discomfort
- Anesthesia and pain medication side effects
- Not sleeping well
- Lack of emotional support from loved ones
- Predisposition to depression
- Things may appear larger than actual size due to swelling, and yes, this includes your new breasts. Don't stress. When the swelling subsides, you will be pleasantly surprised with the size.
- Fears can creep into the corners of your mind. Keep this Guide handy to help you remember what's normal and what's not. If ever in doubt, call us!

Just know these feelings are normal. The clouds will part and the sun will shine again. But if your depression worsens or does not seem to be going away, please discuss this issue further during your follow-up consultation. Dr. Wallace may want to refer you to a specialist or to your primary care physician.



Let's Talk About Sex, Baby!

Depending upon which Mommy Makeover procedures you have done, your post-surgery sex limitations will vary. You should always ask Dr. Wallace about your specific limitations and be sure to follow them exactly. The following will give you a good idea of what you can expect so you can prepare your partner for the inevitable sexual dry spell.

With the tummy tuck, you can expect not to have sex for at least 2 weeks after surgery. Once you're released to return to sexual activity, go slow and let your body be your guide. Please, don't overdo it! If you are having a labiaplasty, it is usually recommended that you abstain from sexual intercourse for 4-6 weeks. Even after Dr. Wallace tells you it is ok to have intercourse again, you will want to use a high-quality lubricant and only "make love." No rough sex. Your partner will need to understand that you are in charge, and of course, let your body be the guide. Do not do anything that causes discomfort or pain. Just be patient. Eventually, things will get back to normal.



YOU'VE REACHED THE END OF YOUR SURGICAL JOURNEY

SO NOW WHAT?

CELEBRATE AND SHOW OFF THE NEW YOU!!!! Once you've made it through the recovery process, the fun really begins! First on the list should probably be a shopping spree! More than likely, you'll find that your clothes no longer fit right (and maybe not even at all). Treat yourself to some new, figure flattering outfits. Depending on what time of year it is, you may even be on the hunt for a brand-new swimsuit. It's time to enjoy and celebrate the improved version of you. *You deserve it Momma!*

LAST BUT NOT LEAST

Don't forget to keep your follow-up appointments with Dr. Wallace. Although you may be feeling and looking great, that doesn't mean your body isn't still healing. Dr. Wallace will want to keep a check on you for up to one year after surgery.

Protect your Investment! You must remember to take good care of your skin. Scars are very sensitive to sun so always keep them covered or protected with SPF 30 or higher. Of course, we recommend you use sunscreen on all of your skin, not just your scars! As your skin continues to age, keeping it well hydrated, not smoking, and protecting it from the sun are a few of the most important things you can do to prevent premature sagging and wrinkling.

Diet and exercise are extremely important to maintain your investment. Once cleared by Dr. Wallace, you should be hitting the gym or the yoga mat.

And, by all means, don't forget that your new, perky breasts are still affected by gravity. They need your support! Ask Dr. Wallace for guidance on bra types, but whatever you do, support the "Girls" at all times. You don't want to end up sagging prematurely.

Live Beautiful



*Thank You For Choosing 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.

904PlasticSurgery.com

Call or Text us at 904.990.3477



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