



Preparation for Surgery

Ms Nugent is focused on achieving the best possible results from your surgery. As well as meticulous surgery and comprehensive aftercare, she also looks at preparation for surgery or prehab. It can make a real difference to the outcome of cosmetic surgery! As part of your initial consultations, she will ask you questions about your general health and lifestyle and you will be asked to complete a health questionnaire. This is to help Ms Nugent look after you during your procedure and afterwards. It also helps in choosing the type of procedure and the timing of surgery to achieve the best results for you. Some of the things you may be asked about and the reasons why are listed below.

Smoking

Smoking reduces the blood supply to skin. This can seriously affect healing ability and the risk of infection. Smoking can also add to the risk of chest problems after a general anaesthetic. If you smoke, you are advised to stop in the run up to and after your planned surgery (preferably six weeks before and after surgery). Of course, it is far better for your health to stop smoking completely! Please be aware that nicotine replacement products including most vapes and patches also affect blood flow to skin and other tissues and should be mentioned to Ms Nugent as they may need to be stopped in advance of surgery too. In certain procedures for example facelift surgery, some types of breast surgery and some body contouring surgery, smoking around the time of surgery adds so significantly to the risk of complications that many surgeons (including Ms Nugent) consider the procedure too risky to undertake if you smoke. For this group of procedures, surgery dates cannot be confirmed until after you have stopped all nicotine products.

Alcohol

Alcohol should be avoided in the immediate days before and after your surgery as it can affect blood flow rates in your tissues.

Weight

For some procedures, your weight and any weight loss or gain are extremely important to the outcome of the surgery. If you are significantly overweight, you will have a higher risk of problems during and after a general anaesthetic and of problems with wound healing afterwards. Significant weight gain or weight loss after cosmetic surgery can affect the quality or the longevity of your result. For many cosmetic procedures to reshape your breasts or body, the best results with surgery are achieved when you schedule your surgery after you have reached a stable and healthy weight for your height and build. BMI, which is a ratio of your weight to your height, can be used as a rough guide to determine your approximate risk level for surgery if you are overweight.

Fitness

People who are physically fit and active before surgery generally find the recovery process quicker and easier after surgery. For procedures such as abdominoplasty where muscle tightening is part of the procedure, it can really help with your results if you work on your core strength e.g. with Pilates before surgery. It also helps maintain your results in the long term afterwards.

Medical Conditions

If you suffer from medical conditions such as diabetes or collagen disorders, this can increase the risk of slow healing, wound problems or infections after surgery. Heart and lung disease can also impact on the type of anaesthetic that can be offered to you. High blood pressure may need to be treated before having some procedures such as facelift surgery. You may need to have medical conditions stabilised

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prior to undergoing any procedure. It is important to mention if you have ever suffered from cold sores before undergoing facial procedures. It may be necessary to take a course of anti-viral medication to prevent a flare up after the procedure.

Allergies

It is vital that Ms Nugent knows of any allergies that you may have and the type of reaction that you have suffered. Reasonably common allergies that can cause serious problems include penicillin, latex and iodine allergies. Any allergy that you have should be mentioned prior to all procedures.

Counselling

Having your cosmetic surgery for the right reasons and at the right time for you is crucial to a successful outcome. Ms Nugent is very conscious of the psychological impact of some body conditions and of the importance of a positive mental state during the recovery from cosmetic surgery. At times she will recommend that her patients seek counselling before or instead of surgery. Please do not be offended if this is suggested to you – it can be a hugely important part of preparation for cosmetic surgery and is part of the holistic approach that Ms Nugent takes to your care.

Medications

Medications that thin the blood such as aspirin, some anti-inflammatories, clopidogrel and warfarin increase your risk of bleeding, bruising and haematoma. For some procedures you will not need to stop these medications e.g. mole excisions or some skin cancer procedures. For others such as facelift surgery or some eyelid surgery, Ms Nugent will ask you to stop these medications in advance. Conversely, some medication such as contraceptives or other hormonal therapies can increase your risk of blood clots in your legs or lungs after surgery and will need to be stopped before surgery for this reason. Medications such as steroids may slow down wound healing and increase the risk of infection after surgery. Advice on stopping medication will depend on which medication you are on, why you are on it and the procedure you are having done.

Nutrition

Healing is much quicker and much better if you have good nutrition. If you are anaemic or under- or over-weight or have any other nutritional concerns, Ms Nugent may advise you regarding your diet or to see other specialists in advance of surgery. Ideally you and Ms Nugent will plan together to get you as healthy as possible before your surgery. You may need blood tests to check some areas.

Herbal & Diet Supplements

It is important to let Ms Nugent know if you take any herbal or dietary supplements. Some of these supplements can increase the chances of bruising and bleeding and may need to be stopped in advance of surgery.

Pets & Outdoor Animals

If you have household pets or work with outdoor animals, please be aware of the risk of infection to your surgical incisions. This may be from pet hairs in the house, from grooming animals or from cleaning up after animals including their litter boxes. Do not sleep in the same bed as pets after your surgery. Please arrange for others to look after pets including exercising them if needed while you recover.

Work

You may need to consider time off work to recover from your surgery. The amount of time needed differs depending on the type of surgery you are having and the type of work you do.

Family Responsibilities

If you have young children or are a carer for family members, you may need help or to make alternative arrangements while you recover from surgery. The amount or type of help needed differs depending on the type of surgery you are having and the type of responsibilities that you have.

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