

# Plastic Surgery FAQ's

1. **Fat transfer is popular in regards to the Brazilian Buttock Lift. How do you perform it and what is its recovery time? Do you use implants or fat transfer? Which option is more practical?**



Brazilian Buttock Lifts is becoming one of our most popular procedures. It involves fat transfer that takes fat cells from unwanted areas, and repurposes these cells to give you a beautiful curved figure, exactly where you want it. If you're looking to reshape your body with a defining, formed rear-end, then a Brazilian butt-lift is a very safe and effective option with reasonable recovery time.

## Recovery

The recovery process may change from person to person, and that is why I handle each patient with unique care and attention. However, you can expect to fully experience your beautiful new curves within a few weeks. Here is what a standard recovery period may look like.

**First week** – Potentially significant swelling and bruising, therefore, patients may choose to avoid others in a social or professional setting.

**Second week** – Bruising will begin to subside, but patients will still experience swelling.

**Third week** – The overall appearance and swelling will improve greatly. Patients can typically resume their normal, day-to-day activities.



**KADZ PLASTIC SURGERY**  
Beauty Redefined in the Hands of Excellence

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## 2. What is a traditional facelift? How do you perform it? How soon can one return to regular activity after the procedure?



Face Lift

There are several different variations of face lifts, differing by size, placement, and amount of incisions; procedure; and the results. Depending on the degree of change you'd like to see, your facelift choices include a traditional facelift, limited incision facelift or a neck lift.

Most incisions are made in front of and behind the ear, placed where it will fall into the natural crease of the skin. On occasion, the incision will extend into the scalp. Face lifts for males will have the incisions fall into the natural hair lines.

A traditional facelift, or rhytidectomy, is a surgical procedure that improves visible signs of aging in the face and neck, such as: Relaxation of the skin of the face causing sagging, deepening of the fold lines between the nose and corner of the mouth, fat that has fallen or has disappeared, jowls and loose skin and excess fat of the neck that can appear as a double chin.

In a traditional facelift, incision often begins in the hairline at the temples, continues around the ear and ends in the lower scalp. Fat may be sculpted or redistributed from the face, jowls and neck and underlying tissue is repositioned, commonly the deeper layers of the face and the muscles are also lifted. Skin is redraped over the uplifted contours and excess skin is trimmed away. A second incision under the chin may be necessary to further improve an aging neck.

### RECOVERY

Medication will be prescribed for the recovery period, as mild discomfort and moderate swelling of the eyelids and other facial areas may occur. After 2 weeks, the swelling will subside enough to allow some social activity. The typical recovery period is 4 weeks; most surgeons will recommend a facelift to be done a minimum of 3 months before any major event. It is very important to note that smoking severely compromises blood flow to the skin, which will adversely affect the healing process. Smoking, Herbal supplements and alcohol should all be avoided at a least four months prior and post-surgery.



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## 3. What is breast augmentation? How do you perform it? What's the recovery time?



### Breast Augmentation

Breast augmentation can give women with small or unevenly sized breasts a fuller, firmer, better-proportioned look through the placement of implants in the breast. You may elect to undergo breast augmentation for many different motivations, including balancing breast size and compensating for reduced breast mass after pregnancy or surgery.

The **implant placement** refers to where the implant is positioned..under the Pectoralis Major (chest) muscle or over it, which places the implant only underneath the breast tissue. In almost all cases I place the implants under the muscle. The breasts feels much softer and look more natural due to a layer of "buffer" (the muscle) covering the implant. Other significant benefits include: the long run opposing force of the muscle against the implant keeps the implant from stretching out the breast skin and a significantly less chance of capsular contracture (less chance implants get hard). Sub-muscular placement creates more tenderness for a short period of time post-surgery, but is worth it. I also utilize the latest techniques resulting in minimal or little scarring. The most common **incisions** include an inframammary incision (near the crease under the breast), an axillary incision (in the underarm area), or a periareolar incision placed at the edge of the areola (the pigmented skin surrounding the nipple). Incision patterns vary based on the type of implant, degree of enlargement desired, patient anatomy, and patient preference.

Augmentation recovery time is approximately two weeks. Immediately after surgery, during your **breast augmentation recovery**, you will be taken into a recovery area for close monitoring. Your breasts will be wrapped in gauze dressings and an elastic bandage or support bra will minimize swelling and support the breasts as they heal. You are typically discharged after an hour.

We typically prescribe postoperative medications in advance. Medications may include pain pills and an antibiotic to prevent infection. Because it is possible to bleed into the pockets around the breast implants for the first several days, take it easy until you have permission to increase your activity level. Acute pain typically subsides after one to five days, but you may experience soreness and swelling for a few weeks.



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