

PRE + POST SURGERY skin protocol



Healthy skin can assist to optimise and maintain surgical outcomes, reduce recovery downtime and lower the risks of scarring/pigmentation following surgery.

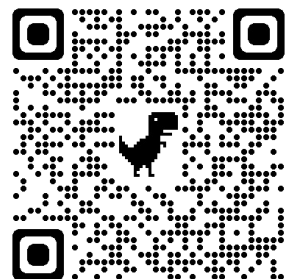
After undergoing surgery, the skin experiences a significant inflammatory period, decreasing the skin's health and function. When the skin's health is impaired, your surgical wounds will be slower to heal, may be more inflamed, or may form scar tissue more readily than healthier skin would.

By preparing the skin with clinical skincare prior to surgery, you are more likely to heal faster and more optimally, while undergoing a more comfortable experience. For these reasons, providing skincare prior to all procedures is a standard part of our patient's surgical journey.

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SURGICAL SKIN PREP SCHEDULE

AREA: Face | Neck

GOAL: Prepare skin for surgery to optimise outcomes + improve healing

WHEN

8 WEEKS BEFORE SURGERY

WHAT

RF skin tightening treatment

WHY

Stimulates collagen, elastin + growth factors, enhances cellular function, improves skin integrity. Assists with skin strength, elasticity + retraction when healing after surgery.

WHEN

4 WEEKS BEFORE SURGERY

WHAT

Tailored MediFacial + Home Skincare Prep Pack

WHY

Further optimises cellular function, improves skin tone, texture + clarity, removes superficial congestion, hydrates. Assists with healing + reduces dryness/irritation after surgery.

WHEN

1 WEEK BEFORE SURGERY

WHAT

Healite + Enzyme Treatment

WHY

Further optimises cellular function, improves skin tone, texture + clarity, removes superficial congestion, hydrates. Assists with healing + reduces dryness/irritation after surgery.

WHEN

AT HOME - 1 WEEK BEFORE SURGERY

WHAT

Practice Manual Lymphatic Drainage (see qr code below)



Manual Lymphatic Drainage Video - Scan QR code or visit naveensomia.com.au/mld for instructions (password 212Winterforest)

WHEN

FOLLOWING SURGERY (3+ DAYS)

WHAT

Weekly PEMF and/or Healite sessions

WHY

Significantly improves tissue healing. Reduces inflammation, swelling, bruising, discomfort.

WHEN

AT HOME - 2-3 WEEKS AFTER SURGERY

WHAT

Skincare Recovery Pack + Manual Lymphatic Drainage

WHY

Improves healing. Reduces inflammation, swelling, redness. Addressed dryness which is common after surgery.

WHEN

6 WEEKS AFTER SURGERY

WHAT

Consult/review to optimise skin health post surgery

TREATMENT MODALITIES

HEALITE

Low-level light therapy to accelerate cellular repair, skin healing and recovery times. Can be used after treatment to reduce erythema and edema by up to 50%. Treatments take 20 mins and feel very relaxing like lying in the sun without the risk of skin cancer. There are no risks/complications (with the exception of patients who experience claustrophobia or problems with flashing lights).

PEMF

Alternating or pulsed electromagnetic fields (PEMF) induce very small electric currents to enhance tissue healing. The magnetic field passes through the skin to underlying tissue relaxing capillary walls and boosting blood flow to the painful area. Muscle spasms that underlie pain are reduced by interfering with muscle contractions and electrochemical reactions within nerve cells, impeding their ability to transmit pain messages to the brain.

RADIO FREQUENCY TIGHTENING

Radiofrequency waves give off heat that prompts your skin to produce more collagen and elastin. The treatment speeds up cell turnover, so the skin gets firmer and thicker over time. The process can take approximately 30 minutes, depending on how much skin you are having treated. The treatment will leave you with minimal discomfort.



SKIN JOURNEY

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Surgery recovery programs designed with the intention of improving patient care, reducing the negative impacts that surgery has on the skin, and reducing the risk of associated adverse effects (such as scarring, inflammation, and pigmentation). All surgical procedures are performed by Specialist Plastic Surgeon, Dr Naveen Somia (MBBS PhD, FRACS - APHRA Reg: MED 0001189889). For full information on Dr Somia's qualifications and risk/recovery information on procedures please visit the procedure page on naveensomia.com.au. All surgery carries risks. Information provided is general only. Outcomes experienced by one person do not necessarily reflect the outcomes of others given factors such as genetics, diet and exercise.