



THE ULTIMATE GUIDE TO PLASTIC SURGERY

What to Expect Before, During & After
Your Procedure

Nationally Recognized, Board-Certified Surgeons



ExperienceCAPS.com | 614-246-6900

INTRODUCTION

Considering plastic surgery is an exciting step toward enhancing your confidence and reaching your aesthetic goals. Whether you're exploring a single procedure or a combination like a Mommy Makeover, it's important to know what your journey will look like from start to finish.

This guide provides a clear, easy-to-understand overview of what to expect before, during, and after surgery. There are also recovery timelines for the most common procedures performed at CAPS.



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UNDERSTAND THE PLASTIC SURGERY JOURNEY

Plastic surgery reshapes, enhances, or restores areas of the body and face. While every procedure is unique, most surgeries follow the same journey:

Consultation

Meet with a CAPS board-certified plastic surgeon to discuss your goals, medical history, and what results are realistic for you.

Preparation

Depending on the procedure, preparation may include labs, stopping certain medications, adjusting supplements, avoiding nicotine, and arranging postoperative help.

Surgery

All surgeries are performed in accredited surgical facilities

Not all procedures require general anesthesia—some can be done under local anesthesia depending on the type and extent of the procedure.

Recovery

This includes rest, post-op check-ins, compression garments (if needed), and gradual return to normal activities.

Results

Results appear gradually as swelling, bruising, and tightness resolve. Full healing varies based on the type of surgery.

AM I A GOOD CANDIDATE

Most patients are surprised to learn that a “good candidate” is not about perfection - it’s about readiness, safety, and realistic expectations.

You may be a good candidate if:

- You are in good general health
- You are at or near a stable weight (for body procedures)
- You do not smoke or are willing to stop before and after surgery
- You have realistic expectations about results
- You understand the recovery commitment
- Your medical history supports safe surgery
- You have a clear goal and motivation for the procedure

A consultation with a board-certified CAPS surgeon is the best way to confirm your candidacy. They will evaluate your health, anatomy, concerns, and goals to recommend the safest and most effective approach.



PRE-OP CHECKLIST

HOW TO PREPARE

Before surgery, preparation is key. Here's what to expect and how to set yourself up for a smooth experience:

Medical Evaluation

- Lab work, imaging, or a physical exam may be required

Medications & Supplements

- Some medications may need to be paused
- Avoid NSAIDs (like ibuprofen) if instructed

Lifestyle Adjustments

- Avoid smoking/vaping for several weeks before and after surgery
- Limit alcohol consumption
- Maintain a stable, healthy diet to support healing
- Stay hydrated the week leading up to surgery

Support System

- Arrange for someone to drive you home
- Ensure someone can stay with you for the first 24 hours (if anesthesia is used)

Home Preparation

- Set up a comfortable recovery area (pillows, blankets, entertainment)

Mental Preparation

- Review realistic expectations
- Understand the full recovery timeline
- Ask any final questions during your pre-op appointment

Pro Tips

- Wearing loose, front-zip or button-up clothing makes changing easier
- Make sure your phone is charged and contacts are saved for your care team
- A calm, organized home setup makes the entire recovery process smoother



DAY OF SURGERY

The day of surgery can feel stressful if you don't know what's coming, but at CAPS, we make the process smooth, comfortable, and fully supported from the moment you arrive. Here's exactly what to expect:

What Happens on the Day of Surgery

- You'll arrive at one of the accredited surgical centers or in office, depending on the surgery
- Your surgical team will review your plan and answer last-minute questions.
- Anesthesia is administered based on your procedure type.
- After surgery, you'll move to a monitored recovery area until you're fully alert.
- A friend or family member will drive you home.

Surgery length varies depending on the procedure:

- Liposuction: 1-2 hours
- Tummy Tuck: 2-3 hours
- Facelift: 3-4 hours
- Blepharoplasty (Eyelid Surgery): 1-2 hours
- Breast Augmentation: 1-2 hours
- Mommy Makeover: 3-5 hours

All surgeries are performed by board-certified surgeons at CAPS, with your safety closely monitored throughout. Recovery begins immediately after surgery in a dedicated post-op area.

POST-OP EXPECTATIONS

Most patients experience:

- Swelling & bruising for 1–6 weeks
- Tightness or mild discomfort, managed with medication
- Activity restrictions, especially avoiding strenuous exercise
- Follow-up visits to ensure proper healing
- Incision care, which is crucial for scarring and comfort

Tip: Trust the process - healing is gradual, and final results take time.

Recovery Timeline for Popular Surgeries:

Surgery	Initial Recovery	Return to Normal Activity	Notes
Liposuction	1–2 weeks	4–6 weeks	Compression garments recommended
Tummy Tuck	2–4 weeks	6–8 weeks	Abdominal support garments help
Facelift	1–2 weeks	4–6 weeks	Swelling may last several weeks
Blepharoplasty	5–7 days	2 weeks	Avoid strenuous eye activity initially
Breast Augmentation	1–2 weeks	4–6 weeks	Supportive bra recommended
Mommy Makeover	3–4 weeks	6-8 weeks	Recovery may take longer due to multiple procedures

TIPS FOR A SMOOTH RECOVERY

Tips for a Smooth Recovery

- ✓ **Follow all post-op instructions:** Adhere to your surgeon's guidelines for medications, activity, and incision care.
- ✓ **Stay hydrated & eat nourishing foods:** Nutrition supports healing.
- ✓ **Rest & Sleep:** Essential in the early recovery period.
- ✓ **Walk lightly to promote circulation**
- ✓ **Avoid strenuous activity until cleared**
- ✓ **Keep incisions clean**
- ✓ **Attend all follow-up appointments**
- ✓ **Contact your surgeon if something feels off**



FREQUENTLY ASKED QUESTIONS (FAQS)

Q: What can I expect during my consultation?

- Review of your medical history and lifestyle
- Discussion of your aesthetic goals and priorities
- Examination of the areas you wish to improve
- Explanation of recommended procedures, options, and techniques
- Review of anesthesia options and recovery timelines
- Before-and-after photos for reference
- Discussion of costs, risks, and expected outcomes
- Opportunity to ask questions and clarify concerns

Q: How do I know if I'm a good candidate?

A: During your consultation, our board-certified surgeons evaluate your goals, medical history, and expectations.

Q: Is plastic surgery safe?

A: At CAPS, where surgeries are performed by board-certified, nationally recognized surgeons in accredited facilities, safety is our top priority.

Q: Can I combine procedures?

A: Yes! Many patients choose combination procedures like a Mommy Makeover to reduce total downtime.

Q: Will I have scars?

A: All surgeries involve incisions, but our surgeons place them carefully and provide guidance to help them fade effectively.

Q: How long do results last?

A: Many procedures offer long-lasting results, though aging, weight changes, and lifestyle factors may influence longevity.

FREQUENTLY ASKED QUESTIONS (FAQS)

Q: How long should I plan to take off work?

A: Recovery time depends on the procedure and your job duties. Light office work is often possible within a week for some procedures, while more physically demanding work may require several weeks. Your surgeon will provide a personalized estimate.

Q: What makes CAPS different?

A: Our size, experience, nationally recognized surgical team, and comprehensive patient care set us apart.

Q: How do I know which surgery is right for me?

A: Your board-certified surgeon will help guide you based on your anatomy, goals, and safety considerations. They'll create a personalized plan to achieve the results you want.

Q: How much does surgery cost?

- Costs vary depending on the procedure, anesthesia, facility fees, and surgeon expertise.
- During your consultation, your CAPS surgeon and team will provide a transparent cost breakdown and discuss payment options.
- Each procedure's page on our website includes a price range to give you an idea of what to expect before your consultation.
- Financing options are often available to make procedures more manageable.

Q: What financing options are available at CAPS?

CAPS partners with several trusted financing companies to make surgery more accessible, including PatientFi, CareCredit, ALLE, and more. These programs allow you to break your procedure cost into manageable monthly payments while choosing a plan that works best for your budget. You can apply online at *ExperienceCAPS.com* in the *Patient Resources* tab.

WHY CHOOSE CAPS

CAPS is proud to be:

- One of the largest plastic surgery practices in the country
- Home to board-certified, nationally recognized surgeons
- Known for natural results, patient safety, and advanced surgical techniques
- Equipped with fully accredited surgical facilities and a comprehensive MedSpa
- Led by our surgeons, who actively oversee every department at CAPS to ensure the highest standard of care across the entire patient experience

When you choose CAPS, you're choosing experience, expertise, and exceptional care.



BEFORE & AFTERS

BREAST AUGMENTATION

BEFORE



AFTER



BEFORE



AFTER



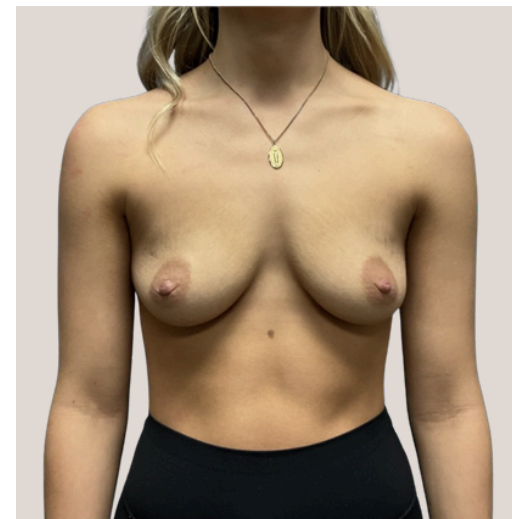
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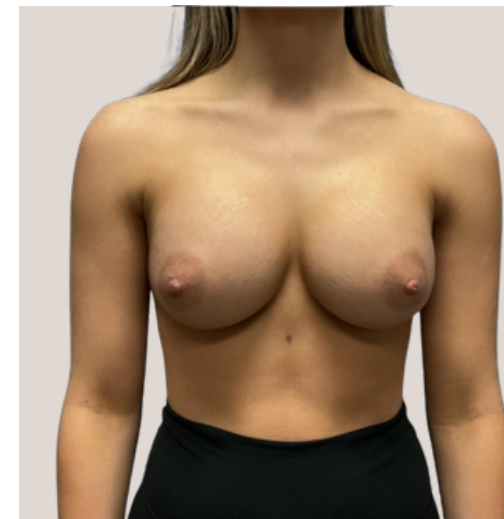
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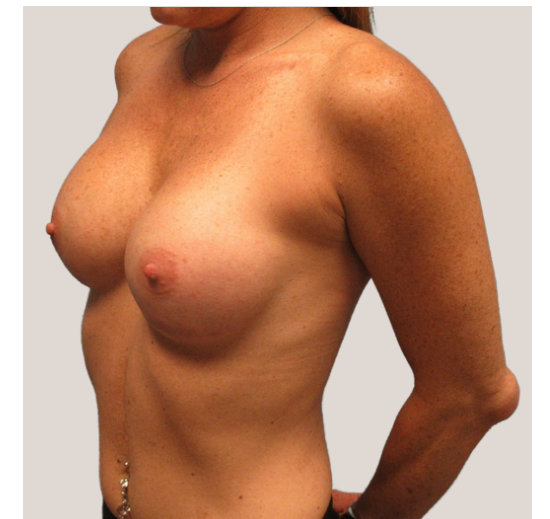
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BEFORE



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BEFORE & AFTERS

TUMMY TUCK

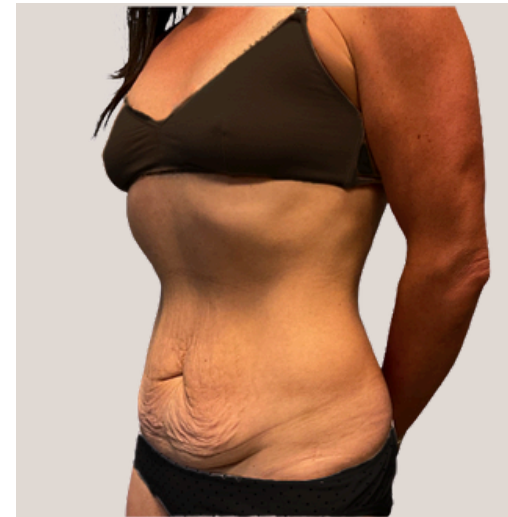
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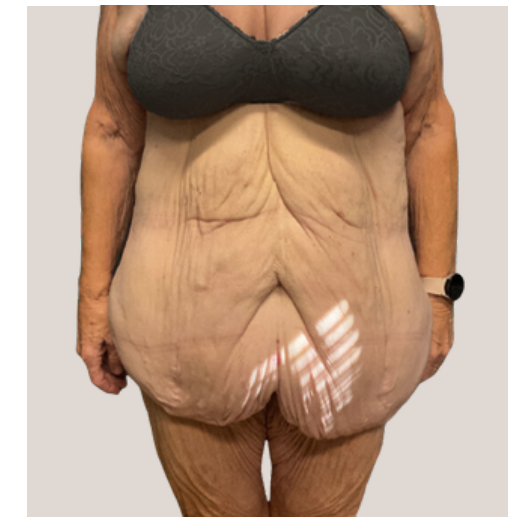
BEFORE



AFTER



BEFORE



AFTER



Fleur de lis Abdominoplasty + Liposuction Flanks

BEFORE & AFTERS

LIPOSUCTION

BEFORE



AFTER



Abdominoplasty + Liposuction

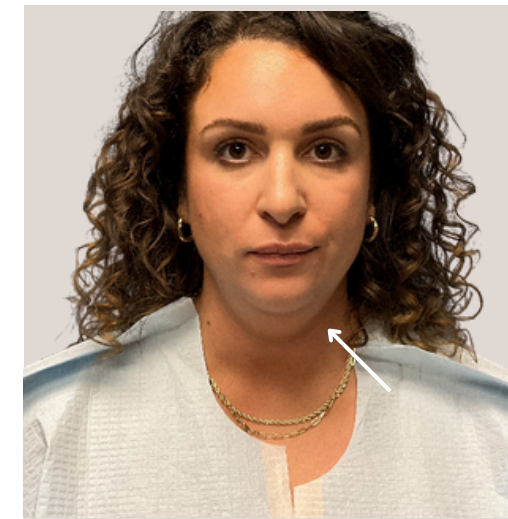
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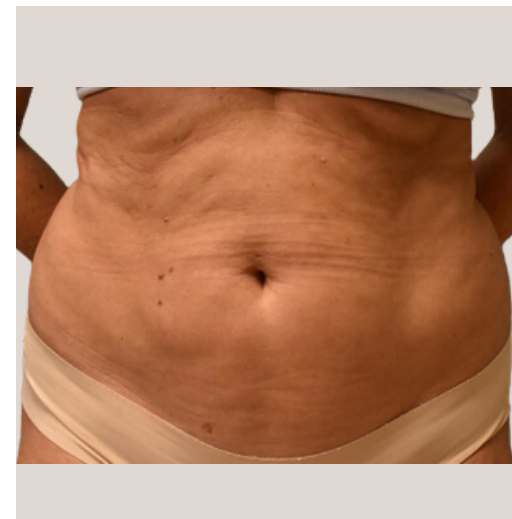
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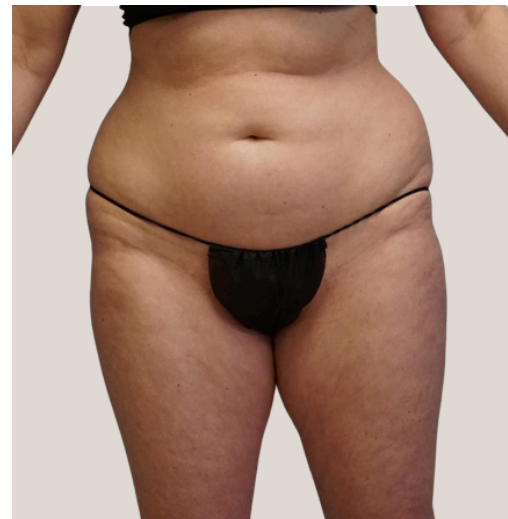
BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



BEFORE & AFTERS

FACELIFT

BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



Face + Neck Lift

BEFORE



AFTER



Face + Neck Lift

BEFORE & AFTERS

MOMMY MAKEOVER

BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



BEFORE



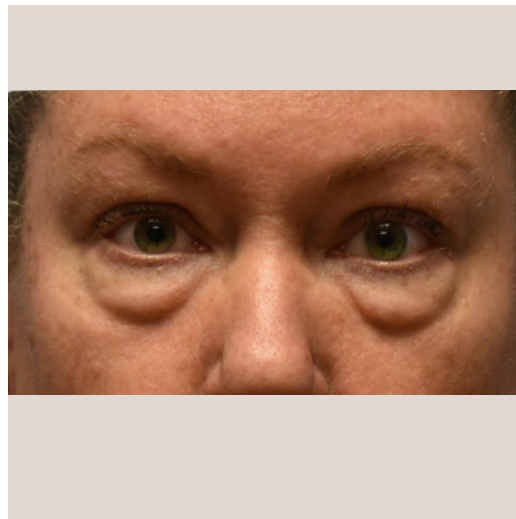
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BEFORE & AFTERS

BLEPHAROPLASTY

BEFORE



AFTER



BEFORE



AFTER



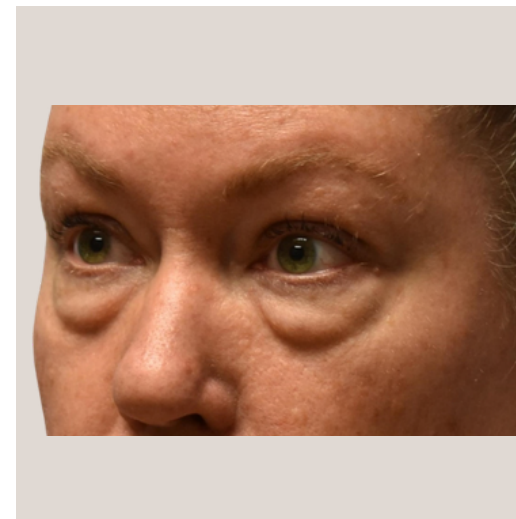
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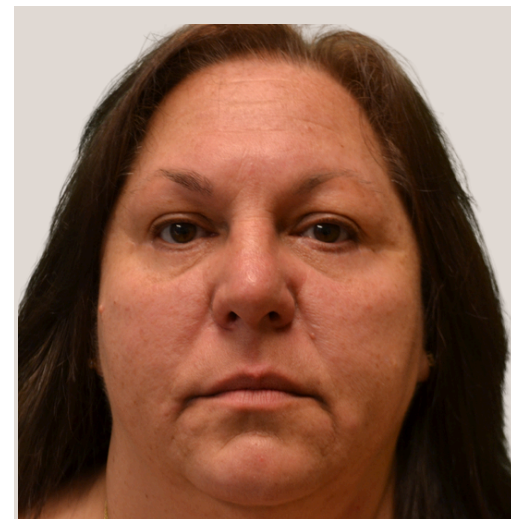
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BEFORE



AFTER



BEFORE



AFTER



FINANCING

At CAPS, we believe that achieving your aesthetic goals and feeling like the best version of yourself is priceless. You deserve to feel happy and confident in your own skin, and our seven award-winning plastic surgeons can make that a reality. Our surgeons are some of the most sought-after experts in the nation! Our financing options are available to make it more affordable. During your consultation, our doctors and staff will help you find a financing option that works best for your budget and personal goals, and answer any additional questions you may have.



PatientFi

PatientFi is a type of payment plan that allows you to pay for your treatment over time through flexible monthly payments. Customized to fit your budget, PatientFi puts your best interest at the center of everything. With no hard credit checks, applying for a payment plan can be simply done in a matter of seconds.



Cherry

Cherry makes it easy to get the treatments you want now and pay over time. With flexible monthly plans and 0% APR options for qualified patients, you can split your payments without affecting your credit score. Rates and terms vary based on approval, making it simple to find a plan that fits your budget.



CareCredit

CareCredit is a credit card program designed to help you pay for your procedure and any out-of-pocket medical expenses. CareCredit offers 0% interest and low-interest payment plans depending on the length of your repayment period.



Allē | Cherry

Considering a new treatment or just want to maintain your look? Allē helps make your goals a reality while considering your financial needs. Find a payment plan that works for you with an APR starting as low as 0%, all while earning points after each treatment.



ALPHAEON
CREDIT

Alphaeon Credit is a financing program that offers credit for your elective medical procedures. It allows you to pay for your procedure over time through customized monthly payment options.



PROSPER

Prosper Healthcare Lending provides loan funds to help you pay for the cost of your procedure. Patients then pay the loan back over time through a monthly payment plan.

FINAL THOUGHTS

Plastic surgery is a personal and empowering decision and preparation is key. Whether you're considering liposuction, a tummy tuck, facelift, eyelid surgery, breast augmentation, or a mommy makeover, this guide is your roadmap to understanding the process from start to finish.

Your next step?

Schedule a consultation with one of CAPS' board-certified surgeons to begin your journey with confidence.



To book your consultation:

Visit ExperienceCAPS.com

Scan the QR code

or call 614-246-6900

Follow us on social media: @experiencecaps

