



## YTF Cosmetic Plastic Surgery Network

### Post-operative Emotions Reminder List

This is a reminder that mild feelings of sadness post-operatively are normal. I realize that this does not happen to all people but the few that it does happen to may include me. I know that I need to be patient and think positive as it promotes better healing and relaxation. I know that I need to wait out my healing period before I pass judgment on my results and follow my surgeon's instructions to increase my chances of a great result. I know that stress and anxiety can only worsen my emotional state and I will try my best to not let it affect me.

I will be:

- sore
- tired
- irritable
- unsure of my decision to have my procedure
- possibly mildly depressed
- bloated
- bored
- anxious
- restless
- unable to sleep at times

During my recovery my treatment area may:

- be swollen
- be asymmetrical
- be bruised
- be tender to the touch
- experience sharp pains or have slight numbness
- be firm or hard

I also realize that even the daily subtle changes or flaws that I may see in the mirror may not be visible to others as I am my own worst critic. I do realize once I heal, my changes can easily be seen with the help of before and after photos. I realize that if after I am healed and I do not like the end result I can always approach my surgeon regarding my dissatisfaction.

I know must not take out my insecurities or other emotions on my significant other, family or friends but I sometimes cannot help it and need to vent my frustration or sadness. I know I need to stay positive and let my body and mind heal because surgery is invasive and can trigger many emotions. I know that I can always get support from my loved ones and friends, be they in person or online. I know this state of disarray and being unsure is only temporary. Today I will smile and remain patient because tomorrow will be another day and will bring me one day closer to being fully healed.