

Optimizing Your Body for Surgery

Nutrition: Fuel for Healing

Good nutrition lowers complication risk and helps you heal well.

Focus on Protein

- Aim for a **protein source at every meal/snack**: Eggs, Greek yogurt, cottage cheese, poultry, fish, lean meats, tofu, beans, lentils, protein shakes.
- 1.5–2 g/kg/day (≈100 g daily for most women)

Hydration & Supplements

- About **64 oz (2 liters)** of water/sugar-free fluids daily, unless restricted.
- Avoid alcohol as surgery approaches.
- **Vitamin C**: 500–1000 mg/day for collagen and capillary integrity
- **Zinc**: 15–30 mg/day for repair and immune support
- **Multivitamin with trace minerals** (A, D, E, K, selenium, copper)
- **Arginine + Glutamine** formulas (*Impact, Arginaid*) for enhanced wound recovery

What to Avoid

- Crash diets or extreme fasting
- New herbal/“detox” supplements not cleared by your providers
- Any changes to your usual medications without medical guidance

Physical Optimization (“Prehab”)

Stronger, fitter patients often recover more smoothly.

Gentle Cardio

- If cleared, aim for **20–30 minutes of brisk walking** or similar, **4–5 days/week**.
- Start smaller and build up if you’re new to exercise.

Strength & Core

- 2–3 times per week (if approved):
 - Leg exercises: sit-to-stands, mini squats, step-ups
 - Arm exercises: light weights/resistance bands
 - Core: gentle abdominal bracing, pelvic tilts, glute bridges

Flexibility, Sleep & Stress

- Regular stretching for major muscle groups
- Aim for **7–9 hours of sleep** when possible
- Use stress-management tools: breathing exercises, mindfulness, counseling if needed

Medications & Modern Weight-Loss Treatments

If you take:

- **GLP-1 medications** (e.g., semaglutide, tirzepatide)
- Other prescription weight-loss drugs
- Blood thinners or complex medications

...these may need to be **timed or adjusted** before surgery.

Simple Timeline

6–8 Weeks (or More) Before Surgery

- Stop smoking/vaping (or as directed)
- Focus on protein, hydration, and gentle exercise
- Ensure medical issues are being monitored and managed

2–4 Weeks Before

- Pre-op visit, labs, and clearances
- Review medications and supplements
- Arrange time off work and help at home

1 Week Before

- Follow detailed instructions from our office for skin prep, medications, and logistics.

Day Of Surgery

- Follow fasting instructions
- Take only approved medications
- Have a responsible adult to drive you home and stay with you

When to Call the Office

Before surgery, contact us if you:

- Are confused about any instructions
- Develop a new illness (fever, cough, severe infection)
- Are hospitalized or diagnosed with a new condition

Dr. Politis' Perspective

Cosmetic surgery after weight loss is about honoring your effort and protecting your health for the long term.

“Massive weight loss is a victory of discipline and resilience.

My role is to honor that effort by restoring balance and proportion — safely, beautifully, and for the long term.”

— *Effie Politis, MD*

We are honored to care for you and to be part of this next chapter in your journey.

Your Journey, Your Next Step

Losing weight is a major achievement. For many people, cosmetic surgery is the final step in feeling truly comfortable and confident in their new body.

How We Describe Weight Loss

These terms are **descriptive, not judgmental**. They help us plan your surgery safely and realistically.

- **Moderate weight loss**
 - About **20–40 pounds lost**, or
 - Up to **~25% of your excess body weight**
- **Significant weight loss**
 - About **40–75 pounds lost**, or
 - **~25–50% of your excess body weight**
- **Massive weight loss**
 - **More than 75 pounds lost**, or
 - **More than 50% of your excess body weight**
 - Often occurs after bariatric surgery (gastric bypass, sleeve, band)

No matter the category, your effort is **recognized and respected**.

We look at several key areas:

1. Stable Weight

- Weight stable for **6–12 months**
- Not actively crash dieting
- You feel close to your goal weight and able to maintain it

2. Medical Conditions Under Control

- Blood pressure, diabetes, sleep apnea, heart/lung issues
- Nutritional status and anemia
- We may coordinate with your primary care doctor or specialists.

3. No Nicotine or Vaping

- Nicotine greatly increases wound and healing complications.
- Plan to be **nicotine-free for 6–8 weeks before and after surgery**, or as directed.

4. Emotional Readiness

- Realistic expectations (improvement, not perfection)
- Understanding that surgery creates **scars**, even when well hidden
- Prepared for downtime, help at home, and staged procedures if needed

Many patients benefit from **staged surgery** over time for safety and optimal results.