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Cosmetic Surgery

FOR

DUMMIES®



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Cosmetic surgery is one of today's hottest topics. You and men— And with all the options available these days, it's from daytime chat shows and popular publications to conversations at the salon, it seems that almost everyone has already established it, is thinking about it, or knows someone who is obtaining it. are having cosmetic surgery. Statistics show even more and more females—s important to be fully informed before you make any decisions regarding having a procedure. Now, PLASTIC SURGERY For Dummies is here now to guide you through today's top methods, candidly addressing both the benefits and the risks. It also: Uncover the latest surgery methods and medications Understand the various doctor specializations Sort through the various nonsurgical facial treatments Evaluate your post-op care options Cope with complications Deal with family, friends, and coworkers before and after surgery Complete with lists of queries to ask before medical procedures and top Web sites for plastic surgery information, PLASTIC SURGERY For Dummies is a practical, friendly information that will help say hello to a new you! Olesen, a nationally known plastic surgery consultant, provide you the tools you need to: Decide if surgery is best for you Find a qualified surgeon Set realistic expectations Evaluate the costs Enhance your recovery and results This plain-English guide demonstrates how to take advantage of all the advances in cosmetic surgery while avoiding the pitfalls that could compromise your protection or the quality of your result. V. Merrel Olesen, MD, the medical director of the La Jolla PLASTIC SURGERY Center, and Marie B. From implants to liposuction to Botox, you'll understand the right questions to ask your doctor, how to prepare for surgery treatment (both physically and financially), and the very best ways to influence the healing process. s hottest topics. R.



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Comprehensive, beneficial especially recommended for the first time plastic surgery patient. I wish I would experienced this book before I had my bilateral breast reduction mammoplasty done last February accompanied by abdominal liposuction in-may. This book could have been extremely useful especially in the recommendations the writer makes in Chapter 17 Assessing the Dangers and Preparing for Surgery. It is obviously presented, written in basic, straightforward vocabulary, presenting many drawings and photographs to illustrate what the authors, a plastic surgeon, and his plastic surgery consultant wife try to impart on the reader. Now most plastic surgeons in preparing you for the postoperative period will write prescriptions for pain medications and advise you to take Tylenol versus an NSAID or aspirin because of the bleeding risks involved in the latter two medications. THEY DON'T REALLY always talk to you about the serious constipation the prescribed medicines can cause you, a stool softener might be a good idea along with using bendable straws to drink the recommended increased quantity of water you are likely to ingest postoperatively, low-sodium crackers or gingersnaps, using ice packs, avoiding high sodium foods and using Arnica gel and/or tablets for dealing with bruising and swelling. The images are helpful as well. Parts IV Choosing It: Preparation and Recovery and V The Component of Tens have to do with recovering from operation and dispelling myths about plastic surgery. For instance in the Going Home section he tells the potential patient how to share up on items that would have been helpful to her or him following a surgery. As you can plainly see the book is truly comprehensive. Part III Exploring YOUR ALTERNATIVES gets more specific regarding the type of surgery sought become it facial plastic surgery, rhinoplasty, liposuction, breast augmentation, breasts lift or breast decrease. Generally this book is wonderful specifically for the new plastic surgery patient. Five Stars Great read Parts I Considering PLASTIC SURGERY and II Finding your way through Cosmetic Surgery define what exactly this kind of procedure entails, who is best qualified to perform the medical procedures, how to choose the correct surgeon for your process and how to get ready for it financially and physically. interesting I think this book was pretty thorough when it comes to plastic surgery. This book makes all those recommendations and I believe that would have been extremely ideal for me. I think it needed a bit more details on dermatological services which can be obtained rather than or in addition to the surgery. The publication also offers an Appendix listing internet resources such as medical firm sites, professional society sites, facility certification sites, public websites and researching patient financing.



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