

Beverly Hills Plastic Surgery Center Unveils Program to Get Patients Back to the Gym Quickly Following Procedures

In Los Angeles, where most everyone seems to both work-out and get plastic surgery, Rodeo Drive Plastic Surgery has launched a unique and innovative program to help patients return to physical activity shortly after plastic surgery – while guarding safety and protecting the cosmetic results of surgery. They call this innovative approach their “Back to the Gym Program.”

July 30, 2007 (FPRC) -- In the past, people undergoing plastic surgery were routinely told to refrain from all but light daily activities for six to eight weeks. At Rodeo Drive Plastic Surgery (RDPS) in Beverly Hills, the philosophy is that plastic surgery should be integrated with a happy and even improved lifestyle.

Many of the patients coming into the posh center for tummy tucks, liposuction, breast augmentation and other procedures lead very active lifestyles. Some people express concerns that having plastic surgery will keep them from working out and going to the gym for many weeks and months following their procedure.

To address these issues and make plastic surgery the most rewarding experience possible, the Los Angeles plastic surgery center developed its unique and innovative “Back to the Gym Program.” By working closely with their patients, RDPS often can get its patients back to exercising shortly after surgery – while maintaining safety and assuring that they stay on course to have the best possible result from their procedure.

Our Back to the Gym Program involves several steps:

• During the initial consultation, the plastic surgeon reviews the patient’s medical history. If there is a medical reason or indication, the office arranges evaluation by a primary care physician or, if indicated, by a specialist. They review the patient’s standard exercise regimen in detail.

• Once the decision is made as to which cosmetic surgery procedure will be done, RDPS begins planning what sorts of exercises are safe and when the patient might begin them.

• Depending on the procedure, RDPS arranges for patients to obtain specialized garments to protect the areas of the body we worked on.

• During and after surgery, RDPS implements its Minimal Pain Program, which helps patients feel less discomfort following their procedure so they can return to normal light activities more quickly.

• We see patients several days after surgery, before they begin to work out. During this visit, the surgeon confirms that recovery is going as expected. This is important for such procedures as Los Angeles liposuction.

• The California plastic surgery specialist then discusses very specifically what sorts of exercises they can begin doing and when. He explains warning signs to watch out for, and should lead to stopping activities. RDPS arranges for the plastic surgeon to speak with the patient’s personal trainer, if they use one. If the patient desires, RDPS has trainers it works with and can arrange for patients to exercise with these professionals after surgery.

• The plastic surgeon maintains close contact with the patient, both by phone and frequent office visits, to make certain that physical activities continue to go smoothly without slowing overall recovery, following procedures such as California breast augmentation.

There will of course be limitations to the types and intensity of exercises patients can do and when they can start doing them. And if they feel any warning signs of overexertion they must stop what they are doing immediately. The Back to the Gym Program requires good communication and frequent visits to the RDPS office. But the RDPS team finds this extra effort on its part and the patient's improves the overall plastic surgery experience for many patients.

Rodeo Drive Plastic Surgery: Nestled next to Chanel, Dior and Tiffany & Co., Rodeo Drive Plastic Surgery is the only plastic surgery center on Rodeo Drive. The posh 5,000 square foot facility looks more like a boutique than a doctor's office.

Rodeo Drive Plastic Surgery is accredited by AAAHC and Medicare and the full-sized operating rooms and recovery suites are equipped with the latest equipment and fully staffed at all times to provide the best patient care possible. "We designed our center to combine the convenience of storefront shopping with what I call the Four Seasons treatment." Founder and medical director Dr. Lloyd Krieger concludes. "Because cosmetic surgery is elective, people are looking for a first-class experience, and that's what we offer at our center."

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