



New Horizons in Plastic Surgery

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Supplement Alert

Be an Informed Patient

Use resources to gather information before your consultation. The American Society of Plastic Surgeons has a very informational website for patients seeking plastic surgery.

Visit:

www.plasticsurgery.org

CHECK OUT!!
drjlowe.com



Many people take herbal supplements and some are good but many are contraindicated with anesthesia or surgery in general. Please don't be embarrassed about telling your surgeon or anesthesiologist—especially if you are taking them for weight loss, to increase sexual stamina, for acne treatment or for depression.

If you smoke, you should stop

for at least 2 months prior and at least 2 weeks after your surgery date. Smoking significantly reduces your body's superficial circulation and vascularity. This means difficulty in bringing much needed oxygen to your tissues for proper healing.

If you are on anti-depressants, please advise your doctor. Some MAO inhibitors (also known as MAOI) intensify the

effects of anesthesia—especially general anesthetic. This could be dangerous in the operating room if your doctor is unaware of your medication usage.

Preoperative and postoperative use of some herbal supplements and vitamins can be combined with good surgical care to create a comprehensive and ultimately more effective healing process and result. Anrica 30 (Mountain Daisy or SinEcch), Vitamin C, Zinc, Bromelain (Pineapple enzyme) Pycnogenol (grape seed extract) and Nux Vomica are a few herbal supplements that have shown to reduce surgical shock, minimize bleeding and swelling and speed wound healing. Check with your physician before taking any herbal supplements prior to surgery.

For a complete list of supplements to avoid before surgery, visit: www.drjlowe.com.

Lip Augmentation Procedures

Lip augmentation creates fuller, plumper lips and reduces fine wrinkles around the mouth. Lips may be injected with collagen or with fat transferred from another site in the patient's body. Fat requires multiple treatments for lasting results. Collagen absorbs within several months. Other options include HylaForm, a crystal-clear in-

jectable gel, Radiesse, and Restylane. These products are showing longer lasting results than Collagen and may last for up to 2 years.

Lip enhancement can be performed in the physician office under local anesthetic. Contact the Cosmetic Surgery Institute and ask about cosmetic lip augmentation. (314) 362-4263.

