

## Cosmetic Procedures – 2022

- Cosmetic Surgery
  - Enhance appearance
  - Elective
- Plastic Surgery
  - Healing
  - Reconstruction
  - Restoration of function
  - Correction of disfigurement or scarring
- Trauma or acquired congenital defects

### Plastic Surgery

- Goal:
  - Restore normal function and appearance
  - Contribute to the patient's body image, self esteem, and quality of life.

### Pre-Operative Preparation

- Informed consent
  - Realistic expectations of procedure
  - Healing time frame and wound stages
  - Final results possible in one year
  - Time off work

### Pre-Operative Preparation

- Results vary
  - Age
  - General health
  - Skin type
  - Severity of condition being treated
- Treat pre-existing conditions first

### Nursing Goals – Cosmetic Procedures

- Acknowledge feelings re: actual or perceived defect & future plans for correction
- Reduce anxiety
- Tissue perfusion maintained and restored
- Patient will verbalize understanding of intervention and recovery process
- Restore normal function and appearance, but not restoration to previous appearance
- Realistic expectations – the patient is still the same person before and after procedure

### Post Operative Considerations

- Assess for infection
  - Uncommon
  - Teach to report S/Sx ASAP
- Pain control
- Monitor for adequate circulation
- Monitor dressing
  - Provides support
  - Compression

- Ice packs

### Patient Problems – Cosmetic Procedures

- Disturbed Body Image
- Anxiety
- Deficient Knowledge
- Acute Pain
- Risk for Infection

### Types of Cosmetic Procedures

#### Topical Procedures (Table 23-13)

##### Microdermabrasion

- Goal:
  - o Sand or plane down the high points of the skin so the low ones appear less deep
- Indications:
  - o Improve appearance of sun-damaged/wrinkled skin
  - o Acne scarring
- Pt. Education (expectations)
  - o Light pink skin tone for 24 hours
  - o Photosensitivity
  - o Generous Sunscreen

##### Chemical Peel

- The use of a chemical solution to improve and smooth facial texture by removing damaged outer layers
- Cosmetic Reasons
  - Same as microdermabrasion
  - Also, actinic and/or seborrheic keratoses
- Side Effects:
  - Mild - moderate swelling and crusting
  - Stinging or irritation
  - Redness
  - Photosensitivity

##### Chemical Peel: Patient Education

- Depending on strength of peel
  - May see scaling, redness, dryness → significant swelling (eyes swelled shut)
  - May need pain meds/sedation
  - May have activity restrictions or need assistance w/ ADLs
- Avoid sun exposure!

##### Injections

Botox <https://www.youtube.com/watch?v=VsJKPdOuzZw> (“Christmas with the Kranks” clip)

- Botulinum toxin – Neurotoxin that paralyzes affected small muscles involved in repetitive facial expressions
  - Uses:
    - Migraines, hyperhidrosis, decrease wrinkles
  - Side effects:

- Mild and transitory redness, pain, swelling, flu-like symptoms
- Expensive - must be repeated every 3-6mos to prevent wrinkle reoccurrence

## Elective Surgeries

### Blepharoplasty

- Removal of loose skin and protruding peri-orbital fat in the upper and lower eyelids
- Goal:
  - Improve appearance
  - Improve visual field

### Rhytidectomy

- "Face Lift"
- Remove excess skin and excess fat of the neck
- Goal: improve the pt's appearance by tightening the tissues of the face

### Post-op Considerations

- Prevent hematoma formation
- Post op: drains, rest, minimal talking, tight dressings
- Ice packs for 24-48 hrs
- Antibiotics at discretion of surgeon

### Liposuction

#### Purpose:

- Removal of fat
- Body contouring
- Not a substitute for weight loss; not a cure for obesity
- Best candidates:
  - Less than 40y
  - Elastic skin
- Fat aspirated by vacuum
- Post- op care
  - Pressure drsg for 2-4 weeks

### Laser Surgery

- Directed high energy beams to
  - Vaporize facial creases, wrinkles and scars
  - Can cut, seal or vaporize skin tissue and blood vessels
- Penetrates to a controlled and precise depth

### Laser Uses (Table 23-11)

- Used for:
  - Wrinkles
  - Acne Scars
  - Vascular lesions
  - Psoriasis
  - Tattoo removal (and more...)

### Laser Surgery

- May see swelling, redness, or bruising after treatment

- Keep treated area moist w/ ointment or occlusive dressings first couple days post-op
- Protect skin from sunlight

### Mammoplasty (p.1207)

#### Breast Reconstruction Indications

- Improve self image
- Assist in coping with loss
- Mastectomy

#### Mammoplasty: Augmentation

- Indications:
  - Correct breast asymmetry
  - Recreate breast after mastectomy
  - Hypomastia
- Procedure
  - Prosthesis insertion

#### Mammoplasty: Reduction

- Indications: Macromastia
  - Discomfort
  - Asymmetry
  - Gynecomastia
- Procedure
  - Remove excessive tissue and skin

#### Mammoplasty: Nursing Management

- General anesthesia
- Surgical drains
  - o Prevention of hematoma formation
  - o Removal when output under 20-30mL/day
- Watch for infection/hemorrhage
- Sterile dressing changes
- Supportive bra 2-3 days post-op
- Resume normal activities 2-3 weeks - no strenuous exercise