

Understand the Anxiety of Having Facial Plastic Surgery

The very word surgery conjures up anxiety in almost everyone. It is completely understandable that people who are facing surgery for serious illnesses or even malignancies would have a great deal of anxiety. The fact that this anxiety translates over to plastic surgery, particularly cosmetic plastic surgery, is reasonable but probably unfounded.

My staff and I fully understand the difficult line it is to cross for voluntary surgery. Clearly anesthesia poses a level of anxiety. The possibility of adverse results poses a large amount of anxiety, and the notion of being "cut" creates a great deal of anxiety in many people.

My staff is totally sensitive to these issues and is devoted completely to allay these fears and to maintaining quali-

ty care at the highest level. From the initial consultation through the final surgical procedure, the issue of anxiety and fear are confronted immediately. It is my feeling that the patient who understands the nature of the fear will overcome it and become a far better patient with a much happier result. To this end, my operative nursing staff, headed by Theresa Guion, R.N., and my office personnel, who do the original consultations, show a great deal of empathy and a positive attitude towards all of our patients.

Many of my staff have undergone cosmetic surgery and truly understand the process. In no way do we underplay the fact that patients have anxiety. It is in fact normal, but it is our responsibility and, fortunately my staff's ability, to allay these

fears and to make the surgical procedures and surgical process as easy and smooth as possible.

We are in contact with the patient from the initial consultation through the surgical procedure through all the postoperative time frame, frequently calling the patients at home and seeing the patients in the office — perhaps more than would be medically necessary, but certainly psychologically necessary, to assure them that they have our full support. Thus, although I have a very large staff for a plastic surgical office, it is for the very purpose of taking care of the patient that these wonderful people are here.

For more information, contact David A. Bray, M.D., F.A.C.S. at Bray Facial Plastic Surgery by calling 534-8300.

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