

CONSIDERING PLASTIC SURGERY?

WELCOME TO QUINN PLASTIC SURGERY CENTER

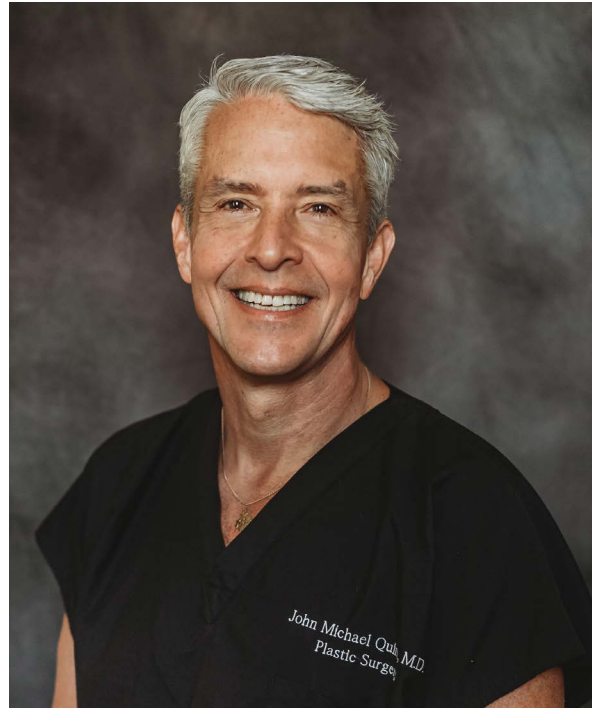

PLASTIC SURGERY CENTER

WELCOME

Thank you for taking the time to download our eBook. I know your decision to proceed with plastic surgery has been made with great thought and consideration, and I want to ensure that all the big picture questions are answered for you prior to making any final decisions.

Each individual is so unique and has their own personal reasoning for why they want to move forward with plastic surgery. We have seen a wide variety of patients and heard thousands of personal testimonies as to why they're choosing plastic surgery. Whether their goal is fuller breasts, or achieving their pre-pregnancy physical appearance, I have a tremendous amount of respect for each woman and her story.

While I see the beauty and strength of our patients prior to any surgery, we understand each person has their own desired outcome for how they want to look and feel. Regardless of what you envision, I think there are two crucial things to know before you move forward with any plastic surgeon. First, you want to make sure they are Board Certified by the American Society of Plastic Surgeons, and second, you want to feel comfortable and confident that your surgeon and you are the perfect fit (we will discuss these in detail later on in this booklet).



JOHN MICHAEL QUINN, MD

After you carefully review this booklet and are ready to move forward, feel free to call us, and one of our Patient Care Coordinators will schedule a complimentary consultation so I can evaluate you and discuss your options. This booklet won't answer every question, nor should it, so please know that I will be more than happy to answer any other questions you might have, and I will be here to assist you during each step in the process.

Sincerely,
John Michael Quinn, MD

913-492-3443
QuinnPlasticSurgery.com

THE PERFECT FIT

RESEARCHING YOUR PLASTIC SURGEON

When you are sitting down to meet with a plastic surgeon, you want to be certain you understand their education, credentials, and whether or not they're qualified to perform the procedure you're interested in.

BOARD CERTIFIED PLASTIC SURGEON

Here's a quick list of resources and reputable organizations you'll want to make sure your future plastic surgeon is a part of. A quick search on the following websites will prove whether or not they are a Board Certified Plastic Surgeon in good standing.

American Society of Plastic Surgeons

www.plasticsurgery.org

The American Board of Plastic Surgery

www.abplasticsurgery.org

SOCIAL MEDIA AND BUSINESS REVIEWS

Once you have verified that your prospective surgeon is Board Certified in Plastic Surgery and learned about their experience, the next best thing to do is check their community reputation — and what better way than social media and other business review platforms.

Social Media sites like Instagram, Facebook and YouTube allow for the surgeon to post helpful content like procedural videos, before and after photos, patient reviews, educational and informative tips, etc. It's a great place to start when you're researching the surgeon's style and credibility, but shouldn't be the only thing you rely on. Read the comments, read the reviews if they're available, ask questions if you feel comfortable.

Facebook Page facebook.com/quinnplasticsurgerycenter

Instagram instagram.com/drquinnplasticsurgery

YouTube youtube.com/quinnplasticsurgery

Other business review platforms, such as Google, are helpful because you are able to see what other patients are saying about their experience, and why they would or would not recommend the surgeon. Google Reviews are based on a scale from 1-5 stars, and the more stars the better!



DR. JOHN MICHAEL QUINN

QUINN PLASTIC SURGERY CENTER

Dr. John Michael Quinn has been a plastic surgeon for 35 years in the Overland Park area. He graduated from the University of Missouri- Kansas City School of Medicine in 1981, and completed his fellowship training in plastic and reconstructive surgery at Truman Medical Center in 1986. He was a reservist in the Army's 325th General Hospital medical unit in the 1980's. He is a Board Certified Diplomate of The American Board of Plastic Surgery, a Fellow of The American College of Surgeons, and a member of the American Society of Plastic Surgeons. Since 1986, Dr. Quinn has also been a participating surgeon and ultimately the leader of a local non-profit humanitarian mission group that operates on children of the Dominican Republic who are born with congenital deformities.

The Procedures Dr. Quinn Performs

Over the years, Dr. Quinn perfected his skills in varying cosmetic procedures. Three years ago, he decided to focus strictly on breast and abdominal procedures. These are his specialties and the reason so many patients love to recommend him to their friends. He is always happy to refer patients to his trusted colleagues for procedures that are not related to breasts and abdomens.

CONSULTATION TIMELINE

The day you've been waiting for is finally here! You've performed extensive research on plastic surgeons, taken thorough notes on their credentials, and you're prepared with questions to better understand what exactly the process is like.

Each surgeon and practice has their own processes for how they will assist you and consult with you during your visit. Here is a quick glance at what you can expect during your consultation at Quinn Plastic Surgery Center.

01

PAPERWORK

Prior to arriving at your scheduled appointment, you'll want to make sure you fill out any paperwork our office staff sends you ahead of time.



02

CHECK IN TIME

Please arrive 15 minutes prior to your appointment with all appropriate paperwork completed.

03

MEET YOUR COORDINATOR

A patient care coordinator will take you back to an exam room and go over your health history, address any questions or concerns about the desired procedure, and take “before” photos.



04

MEET WITH THE DOC

You'll then meet with Dr. Quinn, and depending on whether you're having a breast or tummy (or both) procedure, he'll examine the area.

05

QUOTE AND SCHEDULING

After you've had all your questions answered, you and the patient care coordinator will discuss fees and next steps.



Remember, each person has their own unique needs, therefore, each consultation will be customized to meet the needs of each patient, so your visit could look a little different.



WHAT DR. QUINN IS KNOWN FOR

When it comes to breast augmentation surgery, Dr. Quinn uses a technique called the transaxillary augmentation subpectoral. What this means is that he makes a small incision in the under-arm and places the implant through a small opening and settles it behind the breast muscle. This technique reduces scarring and achieves optimal results that patients in the Greater Kansas City area have loved!

Placing it behind the muscle has its benefits, including, but not limited to: better symmetry, lesser incidence of nipple sensation loss, and most importantly beautiful breasts without the scar. When it comes to symmetry, Dr. Quinn is able to adjust the pocket without the interference of an incision, as well as widening the diameter of the breast without the scar riding up on the breast.

COMMON QUESTIONS TO ASK

You've spent so much time performing your due diligence, you don't want to forget one of the most important steps, and that's asking the questions. So make a list prior to your arrival and be sure you have each question answered so you are feeling confident in your choice. We've broken it down into two categories with a list of potential questions.

THE SURGEON

How many years have you been in practice?

Is this a common procedure for you to perform?

Can I see before and after photos?

THE PROCEDURE

What happens the day of surgery?

What are the possible risks?

Where will I have scarring?

What technique will you use?

Where is the surgery performed?

Are there any side effects?

What follow-up appointments will I need to make?

Is there much downtime after the procedure?

PRE-OPERATIVE VISIT

So you've met with your surgeon, discussed the procedure at length, and you've picked a surgery date, you're almost there! Here's how we handle things at Quinn Plastic Surgery Center. The next step is to come back to the office prior to your scheduled surgery to go over any last minute questions, make final payments, and receive your prescription medications and post-operative care instructions.

If you're having breast enhancement surgery, you'll have the chance to look at the different sizing for implants. This step is very exciting for patients and they love being able to visualize how they will look and feel with larger breasts — something they typically have waited years for!

THE SURGICAL LOCATION

Dr. Quinn has privileges at a number of local hospitals/ambulatory surgery centers where he is able to perform these outpatient procedures. Dr. Quinn performs most procedures at the South Kansas City Surgicenter, but here is a list of other locations, with addresses and phone numbers. All facilities are fully accredited.

South Kansas City Surgicenter

10730 Nall Avenue
Overland Park, KS 66211
913-901-9000

Menorah Medical Center

5721 W. 119th Street
Overland Park, KS 66209
913-498-6000

St. Joseph's Medical Center

51000 Carondelet Drive
Kansas City, MO 64114
816-942-4400

WHAT IS AN AMBULATORY CENTER?

Great question! The ambulatory surgery centers were designed specifically for a more convenient alternative to hospital-centered outpatient procedures. Patients prefer the ambulatory setting for a number of reasons, including more focused care, a cost efficient option, and less time waiting before and after surgery.

FEES AND FINANCING

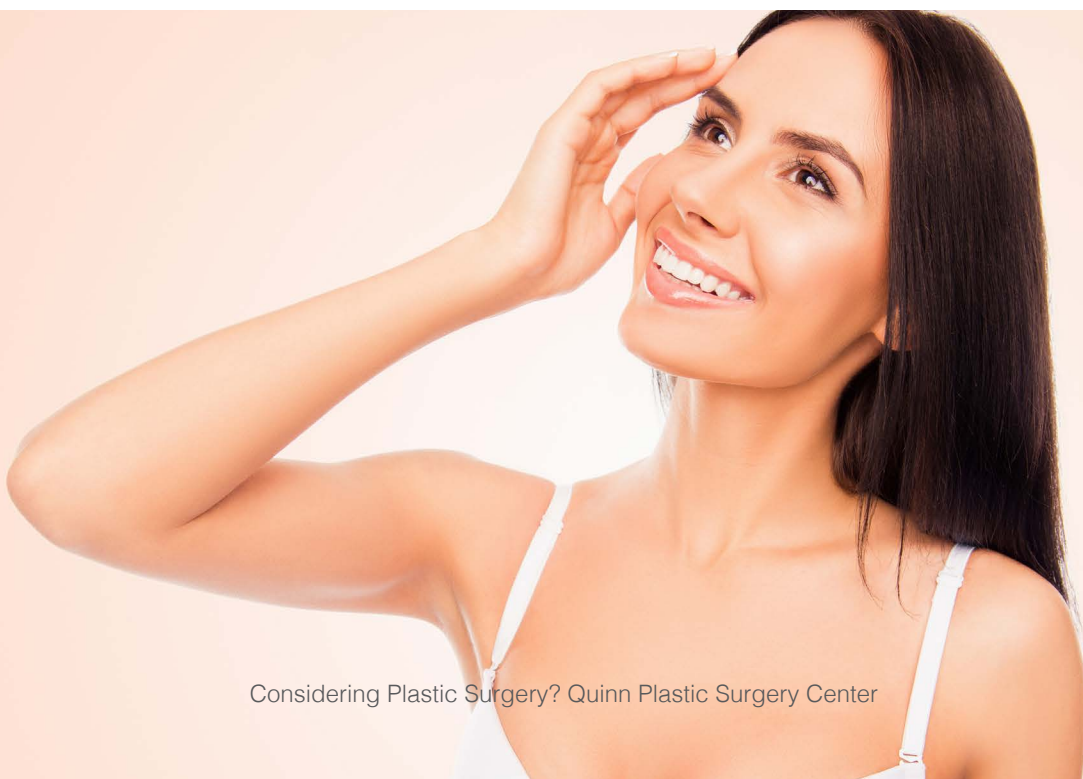
There are a lot of different factors that go into providing a quote for each patient. Like we've said since the beginning, each person is unique and has different needs and requirements for surgery to take place. Unfortunately, a "set fee" is not possible until you have been evaluated by the doctor. Things like the surgery location, anesthesia, time in the operating room, technique and method performed, and the patient's overall physique and needs can go into the quote for surgery. In most cases, you will have a quote in hand at the end of your consultation.

FINANCING

Our patient care coordinators can provide you with information on financing if you are interested in this route. We partner with Care Credit® and we will be sure you have the information you need if you decide financing is the option for you.

PAYMENT OPTIONS

We accept all major credit cards, cash, cashier checks or money orders. We do not accept personal checks, FSA or HSA cards.



LEADING UP TO YOUR SURGERY DATE

The anticipation leading up to the big day can be so exciting, and there will be a lot on your mind. There are a few things you'll want to make sure you are 100% following in order to ensure a safe and effective surgery.

OVERALL GOOD HEALTH

Being healthy is always important, but especially prior to surgery. If you are immunocompromised or have any other health ailments you are experiencing, you want to be sure you discuss this with your surgeon and his staff.

QUIT SMOKING

If you are a smoker, you will want to quit smoking at least two weeks prior to your surgery date. There are plenty of reasons as to why this is necessary, but it can cause serious complications during surgery, as well as affecting the healing and recovery process if you continue to smoke leading up to the procedure. Please discuss any questions or concerns with your provider, and for resources on how to quit smoking, you can visit the [CDC's website](#).

DISCONTINUE ANTI-INFLAMMATORIES

Your doctor will walk you through all medications you need to take after surgery, but prior to surgery, discontinue the use of all anti-inflammatories, like Advil and Aspirin. This will decrease the risk of excessive bleeding.

ASK FOR HELP

Whether you are having surgery on your tummy or breasts, you will need to ask a close family member or friend to drive you to surgery and care for you after surgery, and depending on the procedure, you will need care anywhere from 2-7 days. You will be recovering from major surgery, and be using prescription painkillers, and will be unable to operate a vehicle. It is pertinent that your caregiver understands his or her role in your recovery.



SURGERY DAY

You will be contacted by the staff from your respective surgical location prior to your surgery date. They will have their own list of rules, requirements, and paperwork for you to complete.

The day of your surgery, you will be checked in and greeted by the surgical staff. They will assist you in getting changed into the appropriate surgical gowns, make sure your paperwork is in order, and most importantly, they will take every step so you are comfortable and at ease.

Once you are all settled in, Dr. Quinn will visit you for any last minute questions, as well as to confirm procedure goals, i.e. implant size if you are having a breast augmentation. He will then

use a pen to draw any markings on you that he will need as a guide during surgery.

It is completely normal to feel nervous and jittery; the anesthesiologists will take great care to make sure you are relaxed and can drift off to sleep comfortably during the length of the procedure. Before you know it, you'll be awake and a new person!

In Dr. Quinn's operating room (OR) you will have a team of the following dedicated to your care: the surgeon (Dr. Quinn), an anesthesiologist, a nurse anesthetist, a surgical tech, a scrub tech, a registered nurse, and any other certified surgical center employees that can be assigned to your case.

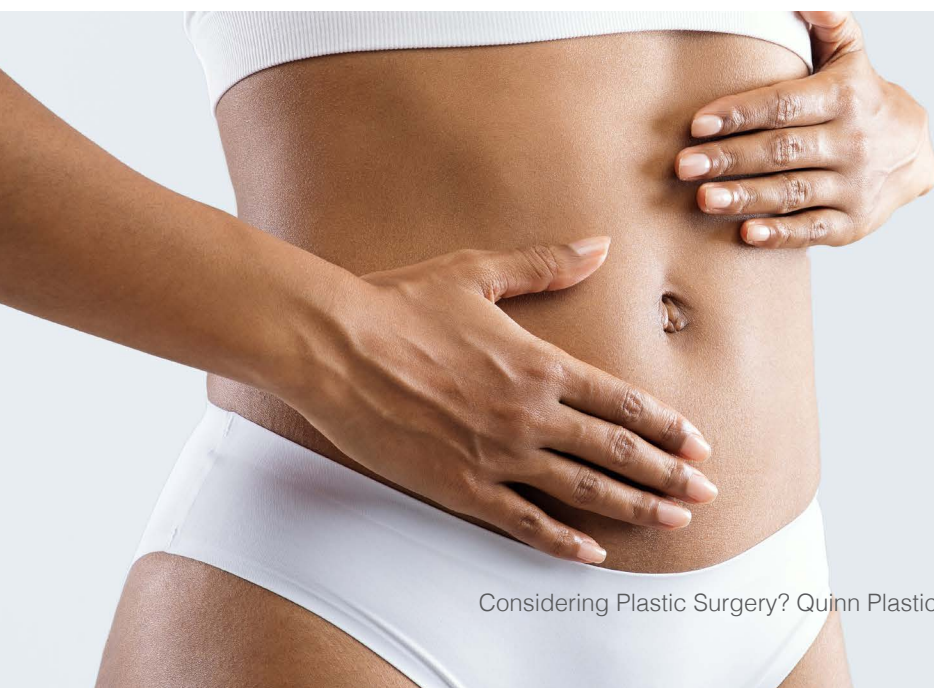
RECOVERY AND FOLLOW-UP CARE

Once your surgery is over, it's easy to think that it's the end of the journey, but it's far from the end. Understanding the recovery process and taking the advice and guidance of your surgeon and his staff is crucial. You will receive post-operative care instructions for you and your chosen caregiver, so be sure to read those carefully and ask any questions.

You will have instructions on how to care for your wounds, as well as limitations to physical activity and exercise, and so much more. Remember, recovery is a process, and you won't be feeling 100% overnight. Surgery comes with swelling and sutures, so be gentle on yourself and give your body time to heal. Following the proper protocol will ensure the best results and the smoothest recovery.

If questions should arise after surgery, Dr. Quinn is always a phone call away and provides his personal cell and home phone numbers in case of emergency.

Each person, depending on the procedure, will have specific "milestones" during the healing process and will be seen for follow-up care. Whether it's one week post-op, three months, or one year, it is crucial that you come in for your scheduled visits so your Dr. Quinn and his team can assess your results. This ensures that your treatment plan is optimized so you can achieve the best results possible



THANK YOU

Regardless of where you are on this journey towards plastic surgery, we want to thank you for taking the time to read through our eBook, and learning more about what you can expect before, during, and after surgery, as well as how we manage things at Quinn Plastic Surgery Center.

We are always here to answer your questions and want to make sure you are confident and comfortable with your decision to move forward.

To move forward with scheduling a consultation, you can give us a call at 913-492-3443 or visit our website: QuinnPlasticSurgery.com

Thank you again and we look forward to hearing from you.

Dr. John Michael Quinn and Staff

Quinn Plastic Surgery Center and Medical Day Spa

913-492-3443

