



Expert Surgical Care Creates The Foundation. Healing Continues For Months.

UNDERSTANDING HOW OUTCOMES DEVELOP AFTER SURGERY

Every successful outcome begins with thoughtful surgical planning, clinical judgment, and precise execution. This establishes the foundation for your body to begin its remarkable work of healing and adaptation.

Over the weeks and months ahead, your body restores healthy tissue, strengthens support structures, and adapts to new functional demands—with your surgeon guiding the process and you playing an important role in supporting optimal healing.

“
**Healing Is More
Than Time Passing.**
*It is a dynamic biological process
influenced by surgical care,
tissue response, and supportive
conditions.*



Surgery Creates The Foundation. Your Body Builds Upon It.



The surgeon performs the **precision work** that creates the foundation for your outcome.



Your body **restores and remodels** living tissue through a natural biological process.



Physician **guidance** and your **active participation** help create the conditions for the best possible outcome.

THE CONTINUUM OF CARE AND OUTCOME DEVELOPMENT



PREPARATION
Preparing your body
and mind for surgery.



PROCEDURE
Precise surgical care
establishes
the foundation.



HEALING RESPONSE
Your body begins its
natural healing
response.



TISSUE RESTORATION
Tissue is rebuilt,
repaired, and
strengthened.



REMODELING
Tissue remodels
and adapts over
time.



LONG-TERM OUTCOME
Results continue to
develop and
optimize.

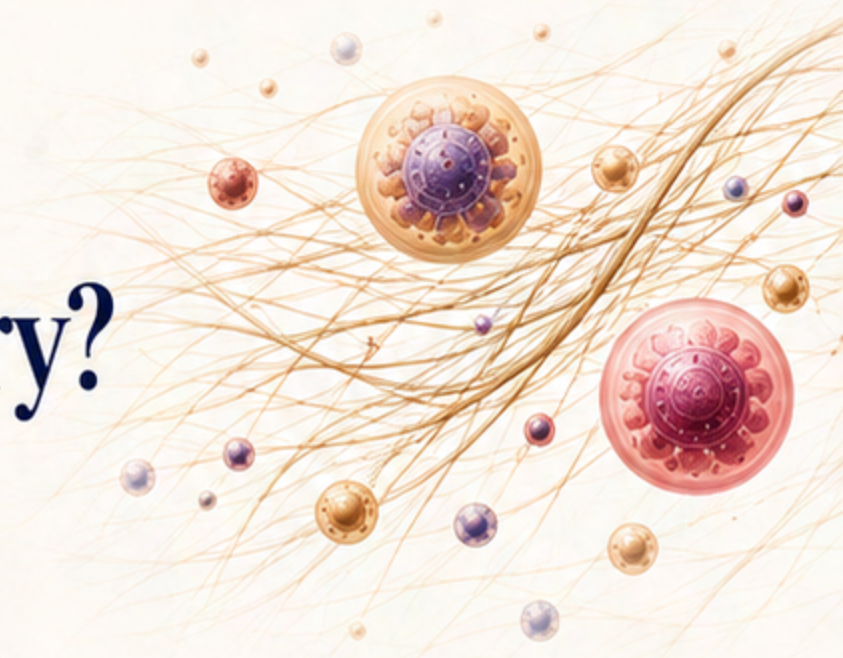




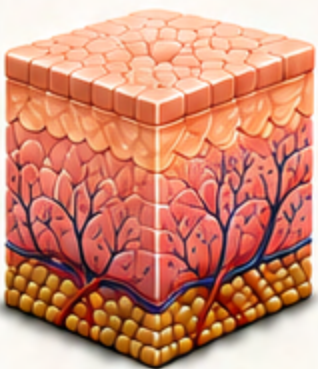
What Happens Immediately After Surgery?

THE BIOLOGY BEGINS IMMEDIATELY.

The moment your procedure is complete, your body begins a coordinated biological response designed to protect injured tissue, restore circulation, rebuild structural support, and initiate the healing process.

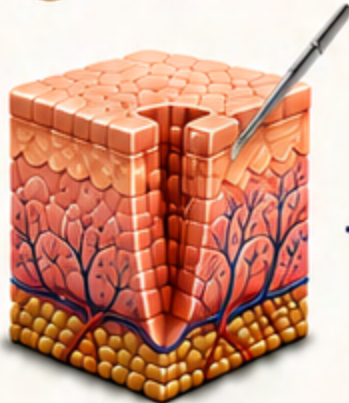


1 HEALTHY TISSUE



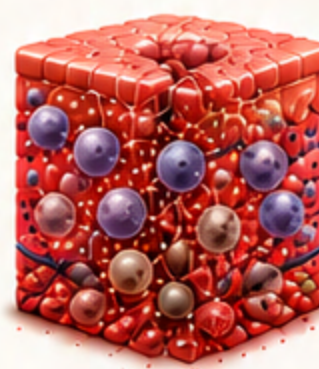
Tissue is healthy and functioning normally.

2 PROCEDURE



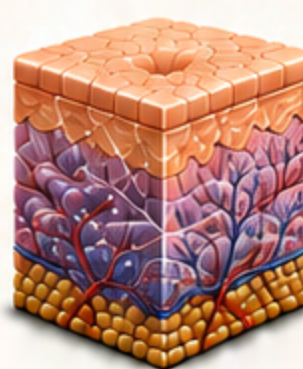
Surgery creates a controlled injury to the tissue.

3 PROTECTIVE RESPONSE



The body initiates an immediate response to protect and stabilize the area.

4 TISSUE RECONSTRUCTION



New tissue is formed, circulation improves, and structural support is rebuilt.

5 REMODELING BEGINS



Tissue begins to remodel and adapt to its new environment.

UNDERSTANDING YOUR BODY'S SIGNALS



SWELLING

Normal fluid movement helps protect tissue and support the repair process.



BRUISING

Small blood vessels are affected during surgery, causing discoloration as blood is reabsorbed.



FATIGUE

Your body temporarily redirects energy toward rebuilding, which can cause tiredness.



TENDERNESS

Nerves in the area become sensitive as tissues heal and adapt to changes.



These changes are often signs that your body's **natural healing processes are underway.**



HEALING PROGRESSION IS INDIVIDUAL

- ✓ Every body heals differently.
- ✓ Timelines vary based on many factors, including the type of procedure, your health, and your body's unique response.
- ✓ Healing follows patterns, not a straight line.
- ✓ Comparing your progress to others is rarely helpful.



Focus on your own progress and follow your physician's guidance.



KEY TAKEAWAY

Immediately after surgery, your body begins a coordinated biological response to protect, repair, and rebuild living tissue. Many of the changes you experience are normal signs that this process is underway.

- ✓ Surgery creates the conditions for healing.
- ✓ Your body begins working right away.
- ✓ These early processes lay the foundation for your long-term outcome.





Healing Progresses Through Biology— Not Time Alone.

UNDERSTANDING HOW YOUR BODY REBUILDS LIVING TISSUE OVER TIME.

Thirty days pass for everyone, but healing does not progress at the same pace. The efficiency of your body's biological processes—and the conditions that support them—determine how outcomes develop over time.

Every procedure establishes a different biological foundation based on surgical planning, tissue characteristics, and individual patient factors.



Time Is Constant. Healing Progression Is Individual.

Your body's biology, environment, and daily choices influence how efficiently healing progresses.

SAME TIME. DIFFERENT HEALING PROGRESSION.

EXAMPLE A

Conditions that support efficient healing.

- ✓ Follows physician guidance
- ✓ Prioritizes nutrition
- ✓ Stays hydrated
- ✓ Gets quality sleep
- ✓ Manages stress



Same amount
of time passes.

EXAMPLE B

Conditions that can slow healing progression.

- ✗ Inconsistent rest
- ✗ Poor nutrition
- ✗ Dehydration
- ✗ High stress
- ✗ Limited follow-through



Progresses More Efficiently

The body has the resources to perform its work well.



Progresses More Slowly

The body has to work harder and healing takes longer.

WHAT YOUR BODY ACTUALLY DOES



PROTECT

Defends your body from further injury and infection.



CLEAN

Clears damaged tissue and inflammatory byproducts.



REPAIR

Builds new tissue and restores what is lost.



STRENGTHEN

Reinforces tissue and improves function.



ADAPT

Refines and organizes for long-term resilience and performance.

These steps occur in sequence and overlap. Your body continuously evaluates what matters most and adjusts its work.



HEALING IS ACTIVE BIOLOGY.

Your body performs thousands of coordinated biological tasks every day to protect, repair, rebuild, remodel, and adapt living tissue. It needs energy, building blocks, and the right conditions to do this work well.



Builds new tissue

Creates cells, collagen, and extracellular matrix.



Restores blood supply

Forms new blood vessels to deliver oxygen and nutrients.



Manages inflammation

Uses immune cells and signals to protect and heal.



Repairs and connects

Rebuilds structures and restores communication.



Regulates and balances

Maintains fluid balance, hormones, and temperature.



Adapts and strengthens

Reorganizes tissue to improve function and resilience.

When your body has what it needs, it can do this work more efficiently and effectively.



KEY TAKEAWAY

Time is constant, but healing progression is individual. Your body's biology, your environment, and your daily choices all influence how efficiently healing progresses and how outcomes develop.

- ✓ Time passes the same for everyone.
- ✓ Healing progression varies from individual to individual.
- ✓ Your body performs complex biological tasks in sequence.
- ✓ The right conditions help those tasks occur more efficiently.



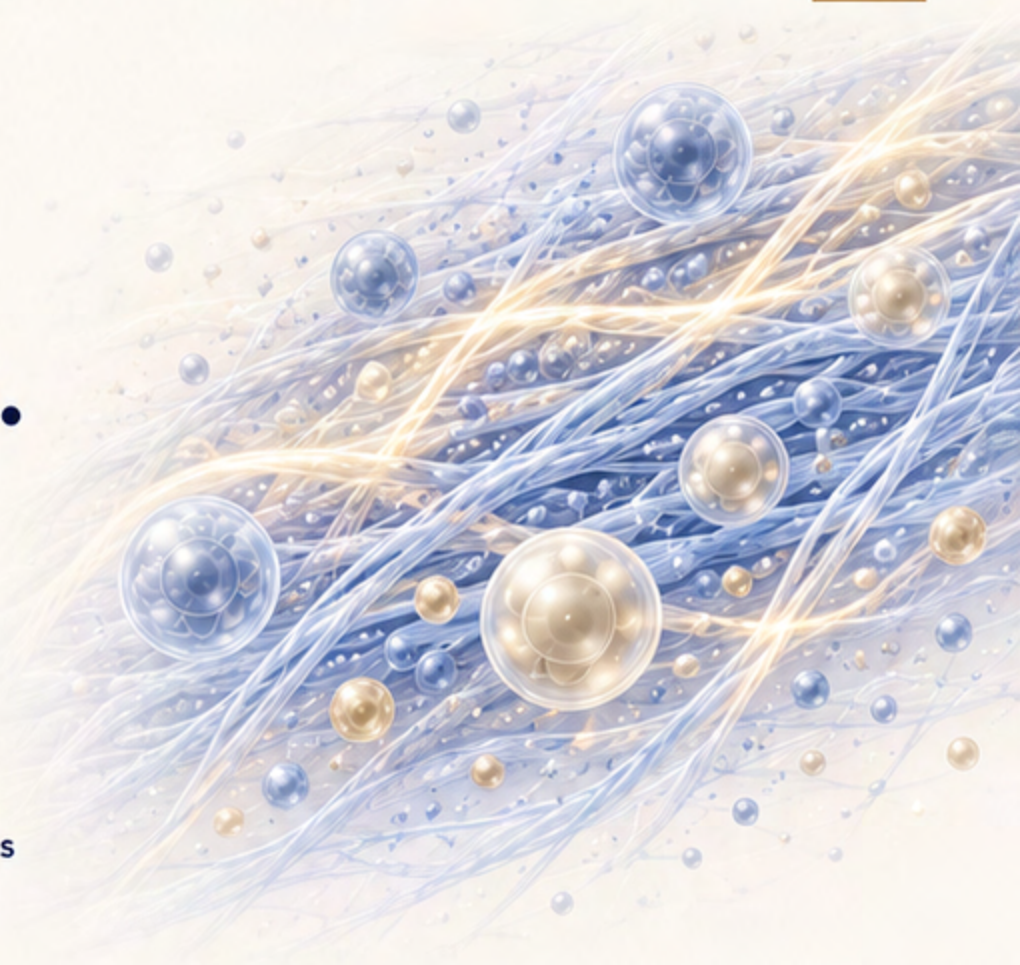


Healing Requires Biological Resources.

EVERY STAGE OF HEALING DEPENDS ON ENERGY, BUILDING MATERIALS, OXYGEN, HYDRATION, AND TIME.

After your procedure establishes the foundation, your body begins one of its most resource-intensive biological processes.

Your body must continually allocate energy and essential materials to protect, repair, rebuild, and remodel living tissue. When these resources are available—and time is allowed—healing can progress efficiently and outcomes can develop.



ENERGY



BUILDING
MATERIALS



TIME



HEALING
PROGRESSION



ENERGY

Power to fuel every biological process involved in protection, repair, and new tissue formation.

Energy helps regulate inflammation, support circulation, and drive cellular activity.



BUILDING MATERIALS

The raw materials your body uses to rebuild and restore tissue. Protein, hydration, oxygen, micronutrients, and other compounds provide the components needed to heal.



TIME

Healing follows biological priorities rather than the calendar. Each stage requires adequate time to complete before the next can occur.



HEALING PROGRESSION

When your body has what it needs and time is allowed, healing can progress more efficiently and the conditions for optimal outcomes can be created.

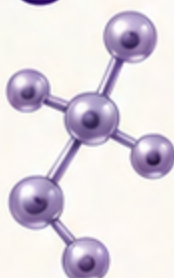
A CLOSER LOOK AT THE RESOURCES

1 ENERGY



Healing requires effort. Your body redirects energy toward repair and regeneration. This is why you may feel tired or have lower energy during healing.

2 BUILDING MATERIALS



New tissue cannot be created from nothing. Protein, hydration, oxygen, micronutrients, and other materials support the body's ability to build, repair, and restore living tissue.

3 TIME

Healing follows biological timelines. Tissue repair occurs in stages and cannot be rushed or skipped.



Your body performs extraordinary biological work during healing.
This work requires energy, resources, and time to rebuild living tissue.



Supporting your body with adequate resources and allowing time creates the best environment for healing and long-term results.





Your Body's Priorities Evolve Throughout Healing.

UNDERSTANDING WHY DIFFERENT STAGES OF HEALING REQUIRE DIFFERENT BIOLOGICAL PRIORITIES.

After your procedure establishes the foundation, healing does not proceed through a single repeating process. Instead, your body continuously shifts its biological priorities as tissues protect, repair, strengthen, remodel, and mature.

As these priorities change, physician recommendations naturally evolve to match the biology occurring during each stage of healing.



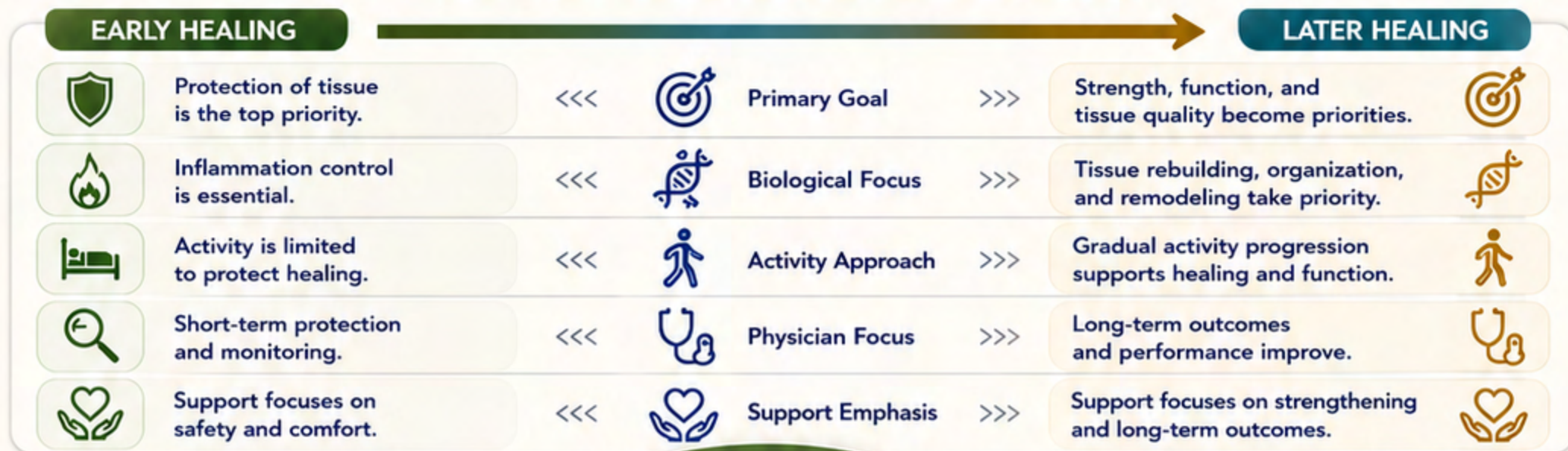
Healing Is Dynamic.

The body shifts from protection to rebuilding, from rebuilding to strengthening, and finally to long-term remodeling and maturation.

Different biological priorities emerge at each stage of healing.



HOW PRIORITIES CHANGE AS HEALING PROGRESSES



HEALING SUPPORT EVOLVES.

Different stages of healing require different types of support. What is most important early on may be less important later, and new priorities emerge over time.



The Right Support At The Right Time.

Providing the right support at the right time helps create the best conditions for healing to progress efficiently and for long-term outcomes to develop. Support strategies adapt as your body's priorities change.



KEY TAKEAWAY

Healing priorities change.
The goal is not more support.
The goal is the right support
at the right time.

- ✓ Your body has different priorities in each stage of healing.
- ✓ Physician recommendations evolve as those priorities change.
- ✓ Targeted support focuses on what may be most important now.





Physician Guidance Evolves Throughout Healing.

UNDERSTANDING WHY RECOMMENDATIONS NATURALLY CHANGE THROUGHOUT HEALING.

Healing is not the same every day. As your body moves through different phases, the biological work happening inside your tissues changes, and so do your needs.

Because healing is dynamic, your physician continually interprets what is happening and adjusts recommendations so they match the priorities that matter most at that time.

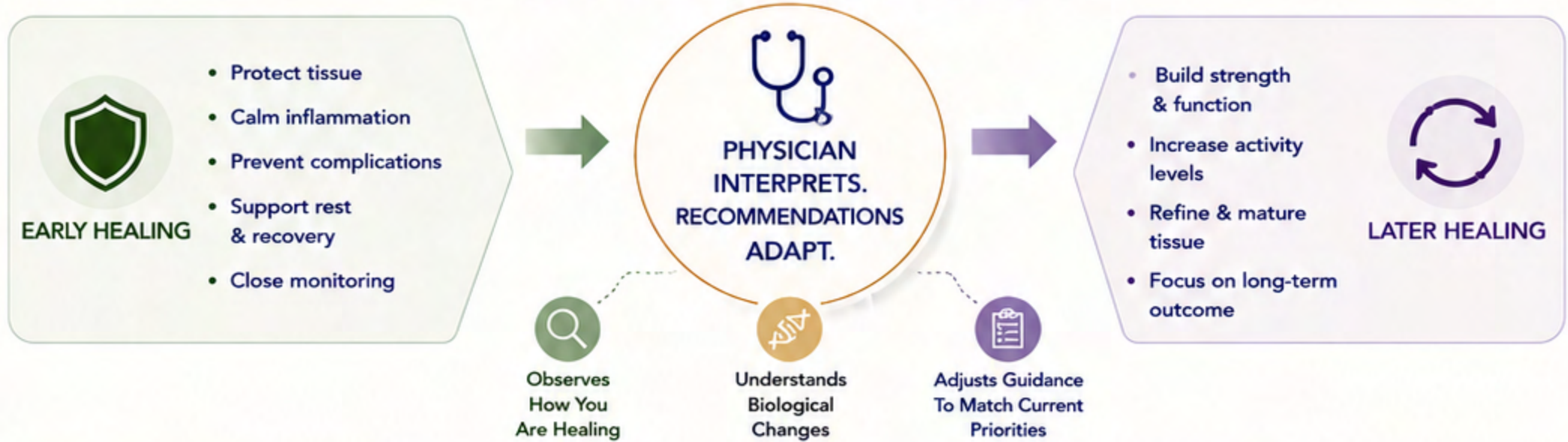


Every Recommendation Has A Purpose.

Physician guidance changes throughout healing because your body is shifting its biological priorities.

Guidance adapts.
Your plan does not change.

HOW PHYSICIAN GUIDANCE EVOLVES



Physician recommendations evolve because your body is performing different biological work—not because the original plan has changed.

WHAT YOUR PHYSICIAN IS EVALUATING

Your physician looks at many indicators to understand how healing is progressing and what your body needs next.

- Swelling patterns
- Tissue quality & integrity
- Mobility & function
- Healing progression
- Activity tolerance
- Scar maturation

Each indicator has different importance at different times.

A CONTINUUM OF CARE

Guidance is not one-size-fits-all.
It is continuously refined.



THE RIGHT GUIDANCE AT THE RIGHT TIME.



The right guidance at the right time helps create the best conditions for healing, supports efficiency, and promotes the strongest possible long-term outcome.

Guidance that adapts creates outcomes that last.



KEY TAKEAWAY

Physician guidance changes because healing priorities change.
The goal is the right guidance at the right time.

- ✓ Your body has different priorities in each phase of healing.
- ✓ Physician recommendations evolve as those priorities change.
- ✓ Targeted guidance focuses on what your body needs most now.





Understanding Common Questions During Healing.

UNDERSTANDING THE BIOLOGY BEHIND THE QUESTIONS PATIENTS ASK MOST OFTEN.

Questions are a natural part of the healing process. As your body moves through different stages, it is normal to notice changes and wonder what they mean.

Most questions involve understanding what your body is doing—not signs that something is wrong. The answers below explain the biology behind what you may be experiencing.



Questions Are Part Of Healing.

Understanding what your body is doing often provides more confidence than simply waiting for changes to occur.

QUESTIONS PATIENTS COMMONLY ASK



1 When Does Healing Actually Begin?

Why It Happens

Your body begins protecting, repairing, and rebuilding tissue immediately after the procedure is complete.



Key Takeaway

Healing starts the moment the procedure is complete.



2 Why Can I Feel Worse Before I Feel Better?

Why It Happens

Swelling, fatigue, soreness, and other temporary symptoms often reflect active biological processes that support tissue repair and protection.



Key Takeaway

Temporary changes often reflect normal, active healing.



3 Why Doesn't Everyone Heal At The Same Pace?

Why It Happens

Healing is driven by biology—not the calendar. Factors such as age, overall health, procedure type, and individual biology all influence healing patterns.



Key Takeaway

Biology—not time—determines your rate of progress.



4 How Can I Help Support Healing?

Why It Happens

Daily choices influence the environment in which your body heals. Hydration, nutrition, rest, activity progression, and following recommendations all matter.



Key Takeaway

Your daily choices help create the best conditions for healing.



5 Why Are My Physician's Recommendations Changing?

Why It Happens

As your body's priorities shift, your physician adjusts recommendations to match what your body needs most at each stage of healing.



Key Takeaway

Changing guidance reflects changing healing priorities.



6 When Should I Contact My Physician?

Why It Happens

Some changes are expected. Others may require clinical evaluation. Knowing the difference helps you seek guidance when it matters most.



Key Takeaway

When uncertain, contact your physician for guidance.



Healing Is Personal.

No two patients heal exactly alike. Understanding the biological principles behind healing helps make the journey easier to interpret and navigate.



Focus on what you can influence.



Celebrate progress—no matter how small.



Lean on your care team throughout your journey.



KEY TAKEAWAY

Questions are a normal part of healing. *Understanding what your body is doing helps transform uncertainty into confidence.*



Many changes during healing are part of the normal process.



Biology—not the calendar—drives your healing progression.



Understanding reduces uncertainty and supports better outcomes.





Healing Works Best When Everything Works Together.

UNDERSTANDING HOW MULTIPLE FACTORS COMBINE TO CREATE THE BEST ENVIRONMENT FOR HEALING.

Successful healing is never the result of a single action, product, or recommendation. It is shaped by many factors working together throughout your healing journey.

Your body responds to the combined influence of biology, physician guidance, and patient participation. When these components are aligned, they create the conditions that allow tissue reconstruction, remodeling, and long-term outcomes to develop.



No Single Factor Determines Healing.

Every recommendation contributes differently. Together they create the conditions that allow healing to progress efficiently over time.

KEY SUPPORT COMPONENTS

- | | | | |
|---|--|----------------------|--|
| 1 | | Education | Understanding healing improves confidence and decision-making. |
| 2 | | Hydration | Supports circulation and nutrient delivery. |
| 3 | | Nutrition | Provides building materials for tissue reconstruction. |
| 4 | | Sleep | Supports biological restoration and regulation. |
| 5 | | Activity | Encourages healthy tissue adaptation and function. |
| 6 | | Monitoring | Helps identify healing patterns and trends. |
| 7 | | Communication | Supports physician-guided decisions and better clinical understanding. |
| 8 | | Topical Care | Supports localized tissue health when appropriate. |



HOW THESE FACTORS WORK TOGETHER



Healing Is Never About One Thing.

The strongest outcomes develop when multiple factors consistently work together—not when any one factor is emphasized alone.



KEY TAKEAWAY

The strongest outcomes develop when multiple factors consistently work together.
*Integration creates the environment.
The body performs the healing.*

- ✓ Healing is influenced by many interconnected factors.
- ✓ Every factor contributes differently at different times.
- ✓ Consistency across all factors supports optimal outcomes.





Understanding Healing Progress.

UNDERSTANDING WHY PROGRESS IS MEASURED BY LONG-TERM PATTERNS RATHER THAN INDIVIDUAL OBSERVATIONS.

Healing rarely progresses in a perfectly straight line. Good days and more challenging days can occur within the same normal healing process.

Looking at your healing over weeks and months provides a much more accurate picture than focusing on how you feel on any single day.

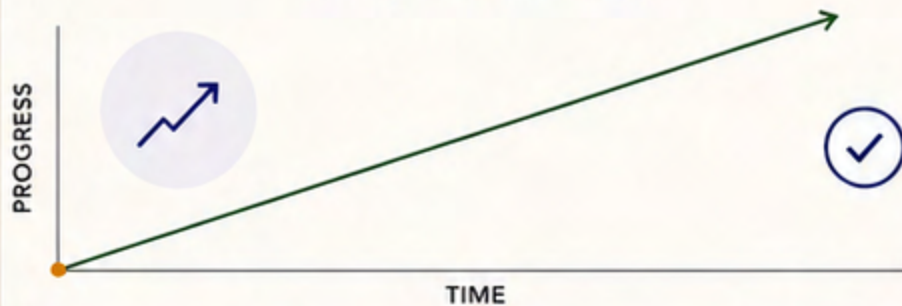


Healing Is Measured By Long-Term Trends.

Focusing on patterns rather than individual days helps reduce worry and builds confidence in your healing journey.

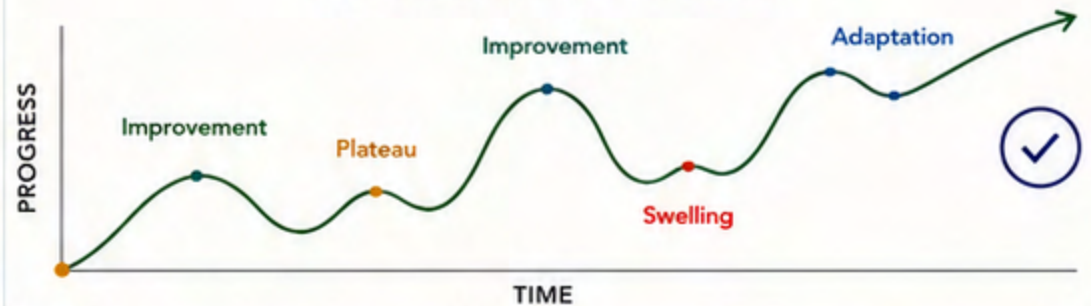
WHAT WE EXPECT

A straight line to recovery.



HOW HEALING USUALLY PROGRESSES

A gradual trend with ups and downs.



Healing should be interpreted by the direction of progress—not by individual days.

1 Every Healing Journey Is Unique



No two patients are the same. Biology, procedures, and starting points all differ. Comparisons add worry—not understanding.

i Focus on your own healing journey.

2 Temporary Changes Are Normal



Swelling, firmness, energy, comfort, and appearance can fluctuate. These changes often reflect active healing.

i Ups and downs are part of the process.

3 Progress Isn't Always Visible



Much of healing occurs beneath the surface. Biological improvements often happen before visible changes appear.

i What you can't see can still be healing.

4 Comparing Healing Can Be Misleading



Similar procedures can have very different healing patterns and timing. Comparisons can create unnecessary concern.

i Your healing is not someone else's.

5 Healing Develops In Stages



Healing moves through early, middle, and later stages. Each stage has different goals and different priorities.

i Focus on where you are, not how far to go.

PERSPECTIVE: THE BIGGER PICTURE

DAILY VIEW

Individual days can be unpredictable.



Emotions change. It's hard to see real progress.

WEEKLY VIEW

Patterns begin to emerge.



You start to see direction and overall trends.

MONTHLY VIEW

True progress becomes visible.



Long-term trends show healing and improvement more clearly.

A HEALTHY HEALING PERSPECTIVE



- ✓ Focus on long-term trends, not individual days.
- ✓ Avoid comparing your journey to others.
- ✓ Healing develops over time, not overnight.

Consistency creates the conditions for continued progress.



KEY TAKEAWAY

Progress Is The Trend.

Healing should be interpreted over weeks and months—not judged by individual observations.

- ✓ Healing rarely follows a straight line.
- ✓ Ups, downs, and plateaus are normal.
- ✓ Long-term trends reveal true progress.





Consistency Shapes Long-Term Healing.

UNDERSTANDING WHY REPEATED DAILY CHOICES OFTEN HAVE THE GREATEST INFLUENCE ON LONG-TERM HEALING PROGRESSION.

Healing is influenced by what happens repeatedly—not occasionally. One good day can feel encouraging, but it does not determine your outcome.

Small, healthy choices repeated consistently create the conditions that support tissue reconstruction, adaptation, and the development of strong, lasting results.



Healing Is Built Through Repetition.

Individual days rarely determine outcomes. Consistent daily habits gradually create the environment your body needs to continue rebuilding and adapting.

ONE PERFECT DAY

Feels good in the moment.



HYDRATION

+



SLEEP

+



NUTRITION

VS.

CONSISTENT DAILY CHOICES

Creates lasting change over time.



HYDRATION

+



NUTRITION

+



SLEEP

+



MOVEMENT



Temporary benefit.

One good day does not define your outcome.



Momentum builds.

Daily choices add up to support long-term healing progress.

HEALING RESPONDS TO WHAT YOU DO CONSISTENTLY—NOT OCCASIONALLY.



HYDRATION

Support fluid balance and circulation.



NUTRITION

Fuel your body with what it needs.



SLEEP

Restore and regulate.



MOVEMENT

Encourage mobility and function.



PHYSICIAN GUIDANCE

Follow individualized recommendations.



HEALING ENVIRONMENT

Create the right conditions.



HEALING PROGRESS

Support ongoing tissue adaptation.

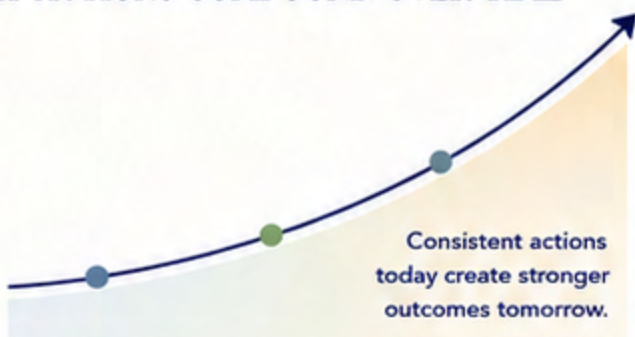


LONG-TERM OUTCOME

Stronger function. Lasting results.

SMALL DAILY ACTIONS COMPOUND OVER TIME

- Small daily improvements
- Momentum builds
- Greater long-term improvement



FOCUS ON WHAT YOU CAN INFLUENCE



- ✓ Hydration
- ✓ Nutrition
- ✓ Sleep
- ✓ Movement
- ✓ Stress Management
- ✓ Following Your Physician's Recommendations



Focus on what you can influence.
Let your body do the rest.



KEY TAKEAWAY

Consistency creates momentum.
Momentum supports healing.

- ✓ Consistency builds momentum.
- ✓ Momentum drives progress.
- ✓ Progress leads to better long-term outcomes.
- ✓ You don't need perfection—only consistency.





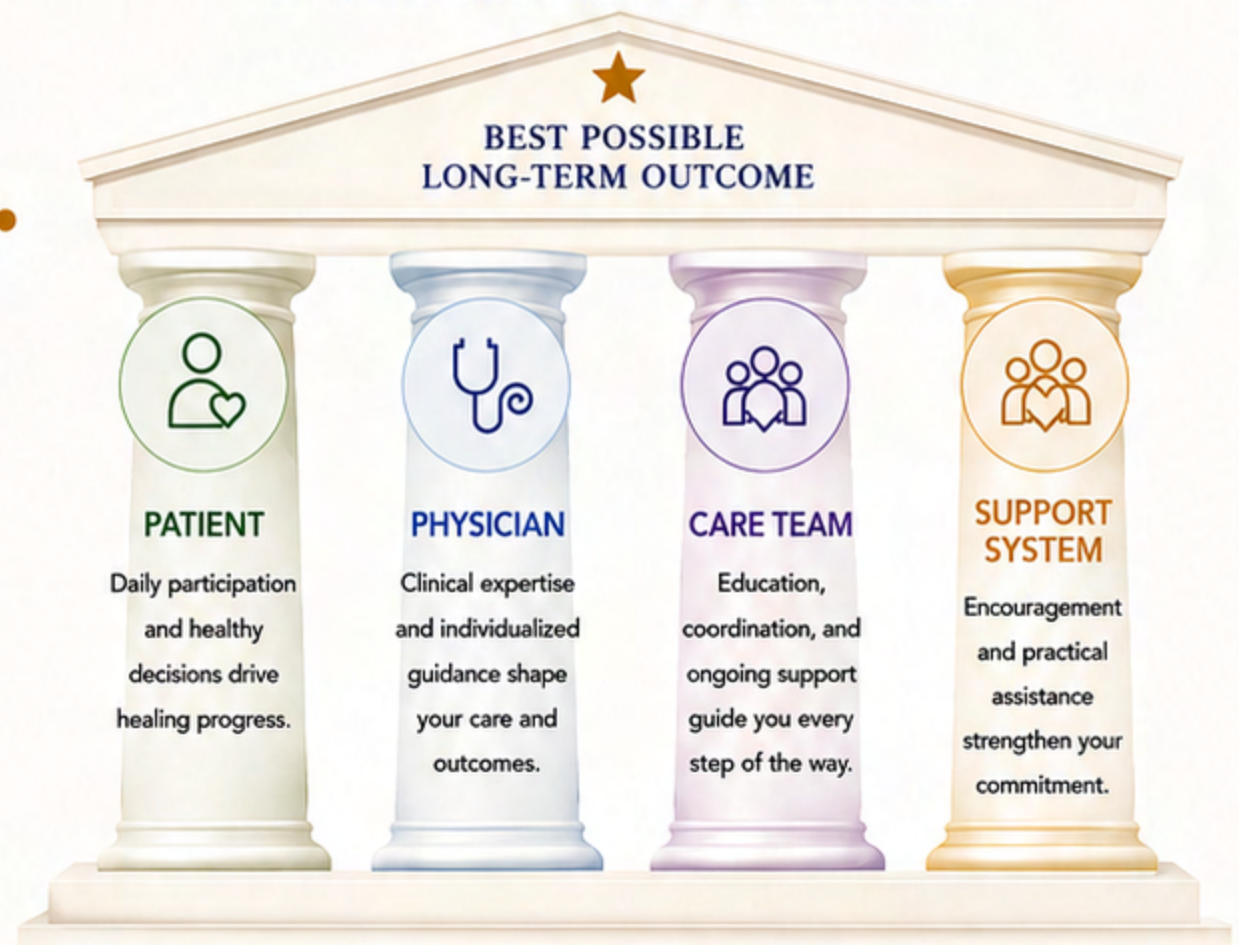
Healing Is A Partnership.

UNDERSTANDING HOW PATIENTS, PHYSICIANS, CARE TEAMS, AND SUPPORT SYSTEMS WORK TOGETHER TO CREATE THE BEST POSSIBLE LONG-TERM OUTCOME.

Healing is never created by one person alone. The strongest outcomes develop when everyone works toward the same goal.

Physician expertise, patient participation, clinical support, and encouragement all play important roles throughout healing. Together, they create the conditions that support meaningful, lasting results.

STRONGER TOGETHER. BETTER OUTCOMES.



QUESTIONS LEAD TO UNDERSTANDING. UNDERSTANDING BUILDS GREATER CONFIDENCE.



ASK QUESTIONS
It's natural to have questions at any stage of healing.



COMMUNICATE
Open communication with your care team leads to better guidance and support.



GAIN UNDERSTANDING
Understanding your plan and what to expect helps you make informed decisions.



BUILD CONFIDENCE
Confidence helps you stay on track and focused on progress.

EACH PARTNER CONTRIBUTES TO YOUR OUTCOME.

PARTNER	PRIMARY CONTRIBUTION	HOW IT HELPS YOU	EXAMPLE
 PATIENT	Active participation	Creates daily momentum	Following your plan, staying consistent
 PHYSICIAN	Clinical judgment	Provides individualized care	Personalized recommendations and adjustments
 CARE TEAM	Coordination and support	Keeps you informed and supported	Monitoring, education, and ongoing guidance
 SUPPORT SYSTEM	Encouragement and help	Builds confidence and consistency	Practical help, motivation, and positive reinforcement

PARTNERSHIP PRINCIPLES



BE PATIENT
Healing takes time. Trust the process.



ASK QUESTIONS
There are no silly questions.



STAY ENGAGED
Your involvement makes a difference.



FOLLOW YOUR PLAN
Consistency supports healing and results.



LEAN ON SUPPORT
You don't have to do this alone.



KEY TAKEAWAY

The strongest outcomes develop when everyone works toward the same goal.

Physician expertise, patient participation, clinical support, and encouragement all contribute to long-term outcomes. Together, they create the conditions for meaningful, lasting results.





Healing Is A Journey.

UNDERSTANDING HOW TODAY'S PROCEDURE BECOMES TOMORROW'S LONG-TERM OUTCOME.

A procedure establishes the foundation.
Healing continues the work long after
surgery is complete.

Through tissue reconstruction, biological
adaptation, remodeling, and maturation,
your body continues developing the
long-term outcome over the months
ahead.

The procedure is one day.
Healing continues for months.



HEALING TAKES TIME.

Healing unfolds through
biological stages over
weeks and months.



EVERY HEALING JOURNEY IS UNIQUE.

Every patient heals according
to their own biology, procedure,
and circumstances.



HEALING IS ACTIVE BIOLOGY.

Your body is continuously
rebuilding, adapting, and
strengthening beneath
the surface.

WHAT WE'VE LEARNED

1



HEALING REQUIRES RESOURCES

Your body needs the
essential elements
to repair and grow.

2



HEALING CHANGES OVER TIME

Priorities shift as each
stage of healing
progresses.

3



PREPARATION CREATES READINESS

What you do before
surgery influences your
healing environment.

4



CONSISTENCY BUILDS MOMENTUM

Small daily actions
repeated over time
create meaningful
progress.

5



HEALING IS A PARTNERSHIP

Patients, physicians,
care teams, and support
systems work together
toward the same goal.

6



LONG-TERM OUTCOMES CONTINUE TO DEVELOP

Maturation and adaptation
continue for many
months and even
years.



FINAL REFLECTION

Surgery establishes the foundation.
Your body performs the reconstruction.
Long-term outcomes develop through
biology, physician guidance, and
consistent patient participation.

TOGETHER, THESE ELEMENTS CREATE
THE CONDITIONS FOR LASTING RESULTS.



KNOWLEDGE CREATES CONFIDENCE

Understanding healing allows you to
participate confidently, communicate
effectively with your physician, and
appreciate the remarkable biological
work taking place throughout the
months that follow surgery.

YOU ARE AN IMPORTANT PART OF
YOUR HEALING JOURNEY.

