

# BABY, IT'S COLD OUTSIDE

Why the whimsical winter months are perfect for going under the knife.

BY DANIEL PILLAI

It is common knowledge by now that getting your bikini body ready in time for summer means that you put in all the work required during the winter months. We have all practised this philosophy in health and wellness for years, but can the same be applied to invasive surgical procedures for the body, too? One would naturally assume that doing surgical reconstruction in winter is beneficial, given that we can hide behind large coats and sweaters and stay indoors more often, but are these benefits enough to deem winter the perfect season for that physical change? We checked with the experts to find out.

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## TOP COLD-WEATHER PROCEDURES

During the winter months, Dr. Edelstein and Dr. Carman see spikes in breast augmentations, tummy tucks and Brazilian butt lift treatments. Facial rejuvenation is also quite popular during the winter because patients are more socially active during the summer. "I think seasonality is interesting because someone who is a big skier is not going to want to use the winter to do anything,

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—DR. WAYNE CARMAN, FRCSC, DIRECTOR AND FOUNDER OF THE COSMETIC SURGERY INSTITUTE

## WHY WINTER?

What makes the bitter winter months such a popular time for invasive surgical procedures? According to Dr. Jerome Edelstein, MD, FRCSC, head of plastic surgery at Humber River Hospital and founder of Edelstein Cosmetic, winter is just a preference rather than the ideal time. "These procedures can be done all year long, but the reason for doing them during the colder months is really because of timing with regards to the way patients want to look and feel during the summer. There isn't a big difference in terms of risks or complications."

For some patients, preference is key. Dr. Wayne Carman, FRCSC, director and founder of the Cosmetic Surgery Institute, draws a relationship between the preference for invasive surgical procedures during winter and the fresh start patients that feel they get at the start

so it really depends on who you are and what you are looking for. But there is a tight relationship between the seasons and personal priorities for sure," says Dr. Carman.

## STARTING YOUR SURGERY

Having an invasive procedure completed during winter might have you starting your research much earlier. "When you consider the consultation process, the time it takes to plan your surgery, make important decisions, schedule surgery, execute surgery and heal from it. "it all takes more time than you think," says Dr. Edelstein.

Patients looking to get ready for summer aren't just encouraged to do their surgeries in winter; they are encouraged to plan ahead with proper timelines in place to make the most of the colder months. Your planning could technically



## DO YOUR RESEARCH

Dr. Edelstein encourages patients to do ample research about their surgeon of choice and his/her medical practices to ensure that the chosen surgeon has the certifications needed to perform your procedure successfully.

- ✓ Find a board certified plastic surgeon.
- ✓ Make sure that your surgeon has a strong positive reputation.
- ✓ Research your surgeon's specialties to know his or her's focus.
- ✓ Read online customer and patient reviews to gain better insight.
- ✓ Check with the Royal College of Physicians and Surgeons of Canada to confirm your surgeon's credentials and specialties.
- ✓ Go for a surgeon you have a connection with and whom you feel 100 per cent comfortable around.

start as early as fall. "You don't want to leave things to the last minute because there is always a delay time between deciding on a procedure, and reaching the point of surgery. It's a methodical process that needs ample time!" says Dr. Carman.

As a result, patients will recover and heal well before summer, which allows them to adjust to their new bodies and get comfortable once surgery is complete. Proper preparation ensures that patients avoid incision exposure to the sun and excessive sweating as well. 📌