

# 5

## Reasons Why Winter Is the Best Time for Cosmetic Surgery

Submitted by Chad Tattini, MD

Many people decide to have a cosmetic surgical or non-surgical procedure to combat the signs of aging. But often times, it's more about self-esteem and looking younger is simply a bonus. People find that if they look better, they feel better. They have more confidence and excitement about life in general. And if they feel better about themselves, they can—in turn—have positive effects in the lives of others.

If you have been contemplating any sort of cosmetic procedure—whether it's a non-invasive procedure like a chemical peel or laser resurfacing or a major surgery like breast augmentation or tummy tuck—there are several reasons why the winter months are the ideal season to have this done. And if you want a medical procedure done early in the year, the time to be looking into it is now! In the spirit of New Year Resolutions, we offer you the following 5 reasons to schedule cosmetic procedures right now.

1. The winter months makes it much easier to stay home and get the rest that is needed for the best recovery. There are generally fewer activities and events on the calendar. And whether the recovery period is a few days or a few weeks, it's easier to stay inside and watch movies on the couch when it's cold and snowy outside.
2. For many businesses, winter is simply a slower time of year so it's easier to take some time off work. There are also two long holiday weekends—Presidents Day and Martin Luther King Jr.'s Birthday—so you may need to use fewer vacation days.
3. It's easier to avoid the sun in the winter when the days are shorter and there is less outdoor activity. For many procedures, it's essential to stay out of the sun. Treatments like chemical peels and laser resurfacing cause the skin to peel and be extra sensitive to sunlight. Sun exposure can slow the healing process and can also cause more significant adverse effects like scarring or discoloration. Sunlight may be okay for other procedures, but if there is pain, scars or swelling, it's easier to stay inside when it's not a gorgeous sunny day outside.
4. Winter clothing makes it much easier to camouflage swelling or bruising. Everyone is wearing heavy sweaters, scarves and hats, so you won't look out of place. The bandages that must be worn after procedures like breast augmentation or breast reduction aren't even noticeable under loose clothing. Some procedures require that compression garments be worn, which can be hot in the warmer months.

5. Perhaps the best reason to have plastic surgery in the winter is that you will be fully recovered and ready to go when swimsuit season arrives.

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Cosmetic surgery won't change your life. It won't solve personal problems or make you look like someone else. But it may give you greater self-confidence and add to your sense of well-being. And that's a New Year's Resolution worth keeping.

*For more information about any surgical or non-surgical procedure, make a consultation appointment with Dr. Tattini's office at [chadtattinimd.com](http://chadtattinimd.com) or 309.664.1007. His office is located at 902 N. Hershey Rd. in Bloomington and includes a state-of-the-art, on-site operating room.*