

Welcome to Kootenai Clinic

Plastic and Reconstructive Surgery

The goal of Plastic and Reconstructive Surgery is to restore your body's form and function. It can play a vital part in your overall health. Surgery may be done to rebuild after cancer, trauma, or a burn. It could be a procedure to enhance your natural beauty. Whatever the reason, plastic surgery can help you feel more confident about how you look.

We strive to offer you the highest level of personalized care. We look forward to meeting with you to discuss if plastic surgery is right for you.

Use this checklist as a guide during your first office visit:

- Am I a good candidate for this procedure?
- What do you expect of me to get the best results?
- Where and how will you do my procedure?
- How long will it take me to recover?
- What kind of help will I need while I heal?
- What are the risks and problems that could happen with my procedure?



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Please read this page before your first office visit.

Cosmetic Surgery vs Reconstructive Surgery

Plastic surgery is a broad field that includes both cosmetic and reconstructive procedures.

Reconstructive surgery focus is to repair or rebuild problems caused by congenital deformities, tumor removals from cancer, trauma or other reasons.

Cosmetic surgery is what most people think about when they hear the term “plastic surgery”. These are elective procedures. Insurance does not pay for these. Patients are most often healthy when they have surgery.

Insurance

Often, cosmetic surgery is not covered by your health plan. If you are coming in for a revision from a prior elective surgery, it may not be covered if the first surgery was cosmetic. Surgery that your doctor says is needed, or reconstructive plastic surgery are both more likely to be covered. We suggest you call your insurance plan to see what is covered.

If you would like us to check with your insurance, you will be asked to pay the specialty copay listed on your insurance card. If services are denied by your insurance, we are not able to refund your copay.

Cash pay (cosmetic) consultations

As of September 1st, 2023, Dr. Mandel’s office will charge \$100 for a cosmetic consultation appointment (procedures that your insurance will not pay for). There is no refund for this fee. If you choose to schedule surgery within 6 months, the fee will go to help pay your bill. The Nurse Practitioner will still offer no-cost visit to help you meet the goals you need to complete before you can have surgery.

We ask that you provide a 24 hour notice to cancel your appointments with our office. If you cancel within 24 hours your cosmetic consultation fee will not be refunded and you will need to pay an additional consultation fee to reschedule your consultation.

Smoking, Secondhand Smoke Exposure, Nicotine use, vaping

If you smoke, use tobacco, or nicotine (chew, vape, patch, gum, or nose spray), you are at risk of surgical problems. This includes skin death and delayed healing. The same is true for people exposed to secondhand smoke or other nicotine products. People who smoke can have a hard time recovering from anesthesia. It can cause coughing and extra bleeding. People who are *not* exposed to nicotine have less risk of these problems. A nicotine test may be obtained prior to surgery.

Body Weight

Plastic Surgery is not for weight loss. If your BMI (Body Mass Index) is over 28 you are considered overweight. If you plan to lose weight you should hold off on body-shaping surgeries until you reach a stable and healthy weight. Healthy non-smokers with a BMI in the normal range will have less problems after surgery. Before you plan to have surgery, it’s best to be as close to your goal weight as you can be.