

For Immediate Release

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Age-Old Remedies Combined With Modern Knowledge Help Surgery Patients Heal Faster

Scottsdale, AZ – April 4, 2008– Terry Maffi, M.D., a nationally recognized plastic surgeon in Scottsdale, is advocating an ancient, yet modern approach to help reduce discomfort and expedite healing in surgical patients. He recommends a four-week pre- and post-surgical program of vitamin and mineral supplements that are specially formulated to support healing and reduce pain, but which exclude common nutrients that may cause problems in surgery patients.

As the national trend toward a more holistic approach to health and healing grows, nutraceuticals -- or nutrients extracted from food in a medicinal format such as capsules, powders and ointments – are becoming increasingly popular. When it comes to surgery, a variety of nutraceutical supplements have been specially formulated to support healing, enhance tissue repair, support the immune system, prevent infection, minimize inflammation and reduce bruising. According to a study by the American Society of Plastic Surgeons, surgery patients recover 17% faster by taking a special mixture of vitamins and herbal extracts known to promote healing.

These specialized supplements exclude nutrients that have been known to cause adverse reactions in patients during or after surgery. A number of common nutritional supplements that can cause problems in surgery patients include garlic, ginger, echinacea, fish oil, and even vitamin E. When taken as part of a multi-vitamin or nutritional supplement in the weeks leading up to and after surgery, these herbal extracts and vitamins can cause such adverse effects as prolonged bleeding, interference with anesthesia, cardiovascular disturbances and interactions with prescription drugs.

“This is an exciting time in history, as we are combining the power of modern medical knowledge with the wisdom of Mother Nature,” said Maffi. “The evolution of less invasive surgical procedures along with the introduction of targeted nutritional supplements means that surgery patients are recovering faster than ever now.”

About Terry Maffi, M.D.

Scottsdale plastic surgeon Terry Maffi, M.D. is a nationally recognized expert in all aspects of aesthetic plastic surgery, including the latest procedures in breast and body contouring. Having worked with internationally renowned plastic surgeon Dr. Jack Friedland to receive extensive training in aesthetic facial rejuvenation surgery, Maffi has developed an unparalleled expertise in procedures such as facelift, eyelidlift, browlift and nasal surgery.

Certified by the American Board of Surgery and the American Board of Plastic Surgery, Maffi is a member of the American Society of Plastic Surgeons and a fellow of the American College of Surgeons. Maffi completed his plastic surgery training at the prestigious Mayo Clinic in Rochester, Minnesota, where he is now a clinical instructor. He is also a member of the teaching faculty for the general surgery residency program at Maricopa Medical Center. Maffi has worked with the indigent at the county hospital in Phoenix and has traveled to developing countries such as Vietnam to perform correction of congenital defects such as cleft lip and palate deformities.

Maffi Plastic Surgery is located at 8575 E. Princess Dr., Ste. 207, Scottsdale, Arizona 85255, 480-505-6430, www.maffiplasticsurgery.com.

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