

Dr. Marisa Lawrence
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POST-OPERATIVE INTRUCTIONS: Read before Surgery.

Feel free to send further questions to pa@drmarisalawrence.com

1. Medications: Take as directed.
2. Dressings: Keep all dressings in place. Do not Remove unless instructed.
3. Cleansing: Do not submerge in tub or community water (pools, beach, Etc for 6 weeks, or until incisions are healed.
4. Diet: You may resume your normal diet. It is advised to stay well hydrated. Increased protein intake is important in body contouring procedures. 90-100gm of protein a day is recommended.
5. Nicotine It is necessary to quit use of nicotine products 6 weeks before, as well as, 6 weeks after surgery.
6. Call the Office: Fever of 101°F or higher for 24 hours or more.
Severe pain unresponsive to medication.
Significant *increase* in swelling, pain, drainage or redness of surgical site.
If you experience Shortness of breath, chest pain, or unexplained dizziness, please seek immediate medical attention *at your closest hospital*.
7. Activity: Moderate walking as soon as possible.
after surgery. NO lifting over 5 pounds for 6 weeks.
NO strenuous activity for 6 weeks.
Driving may be resumed after you have been off all narcotic pain relievers and muscle relaxants for 24 hrs.
8. Work Restrictions from work are related to activity and driving restrictions. Specific limits are addressed per procedure. If you have a disability form. Please inform the front desk. They will collect \$40 and forward the form for processing. You will be provided with your copy to forward to your place of business. There is a fee incurred for each visit that requires disability paperwork. Please allow 5 business days for processing.

**Please arrange for a responsible adult to pick you up from the surgery center after your procedure that is able to stay with you for the remainder of the day and first night after surgery. This is for your safety and is extremely important. Please contact our office for a list available nurse care agencies if you cannot find someone to stay with you. They will bill you directly for their services.

