

lift

PLASTIC SURGERY

GENERAL AFTER SURGERY INSTRUCTIONS



May shower after 2 DAYS (unless the doctor says otherwise) but NO baths for 6 WEEKS



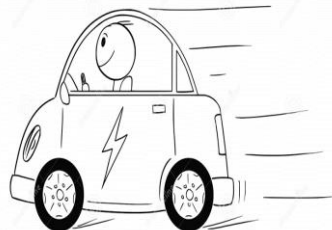
Avoid any scented lotions or perfumes around incision site.



Make sure to sleep on your back propped up with pillows.



NO smoking or alcohol for AT LEAST 6 WEEKS to improve healing.



NO driving until off ALL pain medications.



You may have weight lifting restrictions for 4-6 WEEKS.

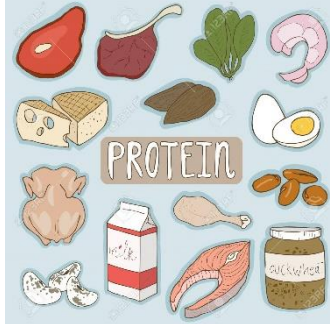
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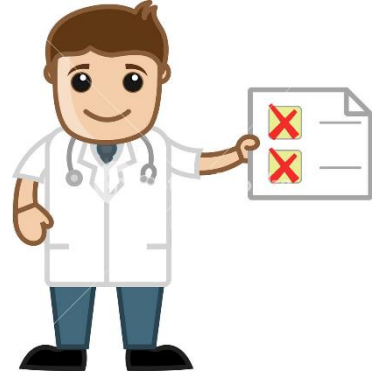
NOTIFY US IF: You have a fever, redness, or drainage at your incision site.



Make sure to eat plenty of vegetables and foods high in protein to improve wound healing!



After 3 weeks you can start using scar cream. DO NOT USE if incision is not fully healed.



**Call us if you have any questions!
832-835-1131**