

Alessandro Surgery Center
73-710 Alessandro Drive, Suite A1
Palm Desert, CA 92260
Phone Number: 760-837-0364
Fax Number: 760-837-3843
www.csipd.com



Dear <PersonalInfo.FullName>,

The stress of surgery will send your body into a hypermetabolic state. This means that immediately from the time you wake up from your surgery, your metabolism will have become significantly stimulated. This is equivalent to revving up all the heavy machinery in anticipation of a big construction project. During the healing process, it is important for you to discontinue all dieting and optimize your nutrition. It is especially important to optimize your nutrition after surgery by not starting any diets that cut calories, minimizing alcohol and discontinuing all tobacco products. Your healing will be affected by your actions and the critical decisions you make during this period which may take up to 6 months.

DIET

Your diet in the post-operative period should entail 5 fistful portions per day of fresh protein such as fish, poultry, and lean red meat. In addition to lean proteins, you should also be consuming 5 fist sized portions of complex carbohydrates which consist of fruits, vegetables and salads. The carbs provide the fuel needed to repair the body and the protein is the brick and mortar. Synthetic protein such as protein shakes will not do. Plant based proteins are also not sufficient to aid in healing during the post-operative period. If you have any questions regarding these issues, please feel free to clarify with any of our team members. We are here to help and support your optimal healing throughout this critical period. If you do not follow our recommendations, you are only harming yourself and if your results are sub optimal, we cannot be held responsible.

EXERCISE

Along the same lines as nutrition, exercise is a very important topic. You need to follow very specific instructions after your surgery. It usually will take a period of 2 months before you are cleared by our team to do exercise. Once cleared, you will not be allowed to start exercising at your previous surgery level. If you immediately get back to your pre surgery level, you will hurt yourself and sacrifice optimal healing. It should take your body up to 3 months to become reconditioned back to your pre-operative level. In most cases, it may take up to 6 months for your body to stabilize and become strong enough to get back to hard core exercise.

Please respect your body throughout this demanding post-operative period. Please also respect the time and efforts of your team of care providers at Cosmetic Surgery Institute. Great amounts of thought and planning have been invested into your care. Please comply with these instructions so that we can help you realize your excellent long term results.

****PATIENT HAS RECEIVED COPY****

Signature: {SIGNATURE}
Date: <System.Date>