

RESUMING EXERCISE

- You may start leisurely walking after 1 week
- Light, low impact cardio (jog, stationary bike, elliptical) after 2 weeks
- Light resistance training after 4 weeks
- Resume full intensity workouts at 6 weeks

PLEASE CALL OUR OFFICE IF

- You experience sudden swelling on one side of the face, associated with intense pain. The affected side of the face becomes very firm and swollen compared to the opposite side.
- Sudden changes in vision or new double vision
- You have signs of infection including increasing redness, pain, foul odor or oozing from an incision.

Patient _____ Date _____

Witness _____ Date _____

Alemi Facial Plastic Surgery
Ph: