

## **Congratulations on Choosing Exert BodySculpt!**

You have made a great decision on choosing Exert BodySculpt for your procedure! We have put together this useful guide to help patients before their procedure and during their recovery process. This packet includes a list of general expectations, pre and post operative care instructions, and commonly asked questions and answers where most of your questions should be answered. Following these instructions carefully should help you get the best results from your procedure.

### **Pre-Procedure Instructions:**

Please read your entire pre-op packet twice. Plan ahead to ensure a more relaxed recovery; stock the house with comfort foods and arrange a comfortable place to sleep.

Set up a support system, someone reliable to drive you to postoperative appointments and help with postoperative care. You may drive as long as you are not taking opioid pain medications.

Stop blood thinners (aspirin, Advil, Aleve, Motrin, ibuprofen, Plavix, etc.) one week prior to your surgery, unless otherwise instructed by your physician.

### **Procedure Specific Medications**

Prescriptions for pre-procedure medications will be sent to your pharmacy. This will include antibiotics for 7 days, anti-anxiety, anti-nausea, and pain medications. Please take these medications as directed.

- Antibiotic – cephalexin or doxycycline. Begin taking 1 day before your procedure. Continue taking on the day of the procedure.
- Pre Op Pain Protocol: Take celebrex 1 pill night before procedure and day of procedure, gabapentin 1 pill night before procedure and day of procedure.
- Hibiclens/ chlorhexidine gluconate 4 %liquid - Shower day before and day of procedure and apply from neck to toes.
- Post Op Pain – Take according to the package for as long as you have pain.
  - For burning sensation from Renuvion, take gabapentin.
  - For mild to moderate pain, take ibuprofen 800mg.
  - For severe pain, take oxycodone/acetaminophen 5/325mg.
    - Oxycodone will cause constipation. Use colace to prevent constipation.
- Nausea - Zofran/ondansetron. Begin taking the morning of the procedure.
- Insomnia - Ambien. Begin taking on night after procedure if needed.
- Muscle spasms - Valium/diazepam. Take as needed for muscle spasms after the procedure.

*If you are unable to take any of these medications, please contact our office so we can prescribe other medications.*

### **What medicines can I take before my procedure?**

Stop taking any weight loss medications including Phentermine, Semaglutide, or Tirzepatide 1-2 weeks prior to your surgery. This will help speed up your recovery by maintaining good nutrition. Stop taking all non-prescription or over the counter medicines two weeks before your procedure. In other words, stop all drugs, medicines, preparations, herbs, homeopathic treatments, and extra vitamins that are not prescribed by a medical doctor. This includes all aspirin or ibuprofen containing products, all homeopathic drugs, all natural drugs, or all herbal drugs, all extra vitamins, all illicit or illegal drugs (cocaine, crack, narcotics, heroin, LSD, PCP, speed, or amphetamines).

**Do take your antibiotics, pre-op pain, and nausea medicine on the morning of your procedure.**

Resume your regular medications after surgery. Avoid aspirin for at least 7 days after surgery.

**What do I do the morning of my procedure?**

You should take your antibiotics (Cephalexin or Doxycycline) **in the morning before your procedure**. Take another shower the morning of your procedure washing your hair, face, and body with soap. Turn off water. Apply chlorhexidine/hibiclens wash from the neck down. Rinse wash off. Do not put anything on your skin after your shower including body moisturizer, deodorants, antiperspirants, or makeup. These can interfere with surgical markings, skin cleansing, and anesthesia monitoring. If you are a diabetic or take prescription medications, ask us about taking your medications the morning of your procedure. Do NOT take phentermine the day of your procedure.

**What should I wear to my procedure?**

Do not wear any jewelry or piercings the day of your procedure. Wear loose fitting clothing. Wear a dark colored blouse or shirt. Wear dark colored loose shorts or sweatpants. A flowy dress with front buttons or zipper is preferred, especially for breast procedures. No high heels. Comfortable flat shoes.

**Should I stop smoking?**

Do not smoke or use tobacco or nicotine products (snuff, chewing tobacco, Nicorette gum, nicotine inhaler, or nicotine skin patches (Nicoderm)) for 4 weeks before and 4 weeks after the procedure. Smoking increases the risk of coughing after your procedure that leads to unwanted bleeding. For general health reasons, I recommend all my patients stop smoking.

**Can I drink alcohol before my procedure?**

Do not have any alcoholic drinks (including beer and wine) for one week before your procedure and the first 6 weeks after your procedure date. Also, do not have any alcoholic beverages if you are taking prescription medications. Alcohol may result in excessive bleeding.

**When do I stop eating before my procedure?**

Do not eat after 10PM the night before your procedure. You can have a sip of water to take your medications in the morning.

**What do I do the day before my procedure?**

Begin taking your antibiotics 1 day before your procedure. Take medications for pre-op pain protocol listed above. Before you go to bed, take a shower with soap and clean your hair as normal. Turn off water. Apply chlorhexidine/hibiclens wash from the neck down. Rinse wash off. Make sure you remove all makeup. Do not put anything on your skin after your shower.

**How do I prepare for the night after my procedure?**

Every patient is apprehensive about the night after their procedure. Proper preparation will make this first night easier for you. First, read this packet twice. If you have any questions, make sure they are answered before your procedure. Make sure to have purchased the recommended items such as absorbent pads and maxi pads. Schedule your lymphatic massage for the day after your procedure. Visit [exertbodysculpt.com/amazon](http://exertbodysculpt.com/amazon) for a list of recommended items.

## **Post-Procedure Instructions:**

### **General Post-Procedure Care for All Surgeries**

By following these tailored instructions for your specific procedure, you'll be set up for a smooth recovery and the best results. If you have any questions or concerns, don't hesitate to reach out! You can view our post-op video series at [exertbodysculpt.com/postop](https://www.exertbodysculpt.com/postop) including how to strip drains, remove drains, and perform implant massage.

**Incision Care:** Taking proper care of your incisions is crucial to ensure smooth healing and prevent infections. Here are specific guidelines for post-op incision care.

Steri-Strips:

- Your incisions may be covered with Steri-Strips (thin adhesive bandages).
- Do not remove the Steri-Strips. Allow them to fall off on their own, which can take up to 2 weeks.
- If they begin to peel off early, you can trim any loose edges, but do not pull them off.

Keep Incisions Dry:

- It is essential to keep your incisions dry during the initial healing phase.
- Avoid submerging the incisions\*\* in water (e.g., no baths, swimming, or hot tubs) until your incisions are fully healed, which is typically around 4 weeks or as advised by your surgeon.
- You may shower 24-48 hours after surgery unless instructed otherwise. When showering, let water run over the incision areas briefly. Gently pat dry with a clean towel after showering, being careful not to disturb the Steri-Strips or incisions. You can use a handheld fan to completely dry incisions, especially in breast creases.

Incision Cleaning:

- Once the Steri-Strips fall off, clean your incisions gently with mild soap and water during showers.
- After cleaning, dry the area thoroughly by gently patting it with a clean towel. Keep the area dry between showers.
- Avoid scrubbing or applying lotions, creams, or ointments.

Avoid Moisture and Irritation:

- Wear loose, breathable clothing to avoid friction and irritation around the incision sites.
- Ensure that your compression garments or bras do not rub or put pressure directly on the incisions.
- If you notice any signs of infection (such as increased redness, swelling, warmth, or discharge), contact us immediately.

Long-Term Scar Care:

- Once your incisions are fully closed (after about 4 weeks), you may begin using silicone scar gel or silicone scar sheets to minimize scarring.

**Avoid Fainting:** Stand slowly after removing garments or using the restroom. If you feel dizzy, sit or lie down immediately.

**Activity:** You should rest for the first 24 hours after surgery, and take it easy for the first week. Following this time, you may begin to resume normal activities, as tolerated. If you experience more than mild swelling or discomfort you may be overdoing it. No beach, pools, or hot tubs until incision sites are healed. Lay in bed in an upright position to decrease swelling. You may return to work in about 1-2 weeks depending on your surgery.

**Diet:** Stay hydrated and eat normally. Avoid alcohol for at least 48 hours post-op, and limit consumption for the next 6 weeks.

**Sun Exposure:** Avoid sunbathing until scars are fully healed.

**After Anesthesia:** The medication or sedation given to you will be acting in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. Therefore you should not: stay alone, drive a car, operate machinery, power tools, drink alcohol, make important decisions or sign legal documents.

**Help at Home:** It is very important to have a strong support system during the post op period. You must have someone available to drive you home after the procedure. This can be a friend, family member, or paid caregiver. It is normal for a patient to become light-headed when rising from a sitting or lying position or when removing garments and dressings, this is why it is important to have someone with you to help.

**Do NOT apply heat or ice to the surgical areas.**

## **Liposuction (Abdomen, Back, Flanks, Thighs)**

- Drainage: Expect drainage for 24-72 hours. Maxi-pads can be used over incision sites, and bandages should be changed daily.
- Showering: You may shower 24 hours after surgery, but avoid submerging in water (baths, pools, hot tubs) until fully healed.
- Garment Use: Wear your compression garments 24/7 for 6 weeks, removing them only to launder and shower. After 3 weeks, you may switch to lighter compression wear like Spanx.
- Lymphatic Massage: Begin massages 1-3 days after surgery for optimal results. Wait 24 hrs after your procedure before beginning your lymphatic massages.

## **Chin Liposuction**

- Compression garments must be worn 24/7 for 3-5 days after your surgery. After the first 3 days, wear your garment for 12 hours a day.
- Showering: You can remove the garment daily for laundering and showering.

## **Arm Liposuction**

- Compression garments must be worn 24/7 for 3 weeks after your surgery. Bandages from elbow to hands must be worn 24/7 for 1-3 days after your surgery.
- Showering: You can remove the garment daily for laundering and showering.
- During weeks 4-6 following your surgery, you will wear your arm compression garments for 12 hours a day.

## **Breast Fat Transfer:**

- Supportive bra must be worn 24/7 for 6 weeks after your procedure. Avoid any trauma to your breasts or compression.
- Remove surgical tape 24-48 hours after your procedure.

## **Buttocks Fat Transfer:**

- No compression on the buttocks.
- Avoid pressure on your buttocks for 6 weeks after your procedure. Use a BBL pillow when sitting. Do not wear tight clothing around your buttocks.
- Lymphatic massages are highly recommended for optimal results, we recommend at least a series of 5-10 massages.

## **Breast Implants**

- Begin breast massages 2 weeks after surgery. Massage breasts 10 seconds in each position for 5 minutes per breast.
  - Do not lift your arms over your head for the first 2 weeks. Try to keep your arms within 6 inches of your body for the first 2 weeks. Do not pick up anything heavier than a phone book or engage in activities that make your face turn red for the first 4 weeks. Return to normal activities after 4-6 weeks such as exercise, swimming, sexual activity (assuming normal healing and no open wounds).
  - Soft bra only for 3 months. No underwire. You may wear a t-shirt under your surgical bra.
  - It can take several months for implants to drop and settle. You may have one implant higher than the other if one drops first for a short period of time. If you notice one breast harder and higher than the other, please notify us.
  - Nipple sensation usually returns within the first year. In rare cases, it may not return.
  - You may hear a snapping/crackling sound in your breasts for the first 2 weeks after surgery. This is due to air and will resolve on its own.
- 
- Capsular contracture is a complication that can happen as a result of how your body heals in reaction to a foreign substance. Your body can form scar tissue around the implant. Signs you may be experiencing capsular contracture include: one breast higher than the other, hard breast, pain in the affected breast.
  - When getting a mammography in the future, let your technician know you have implants.

## **Tummy Tuck**

- You will have 2 drains placed. Empty your drains when they are full. Make sure to create a vacuum in the drain after emptying. Use clean dry hands. Drains can be removed once the total amount is less than 25mL. Log your daily output. One drain will be removed at your 1 week visit. The second drain will be removed 3-5 days later.
- Start using silicone scar gel and tape after 4 weeks.
- Use compression socks for 1 week after surgery.
- Do not lay on your stomach for 4 weeks. If you had a buttocks fat transfer with your tummy tuck, sleep on your back with a pillow under your lower back.
- Begin lymphatic massage 2 weeks after surgery.

## **Breast Lift**

- Soft bra only for 3 months. No underwire.
- Use gauze or abd pads to cover incisions until closed. Keep steri strips in place for first 1-2 weeks. Replace if soaked with blood and at 1-2 week mark.
- Keep breast crease as dry as possible by patting dry after showers and anytime you feel sweaty.
- Nipple sensation usually returns within the first year. In rare cases, it may not return.
- Start using silicone scar gel and tape after 4 weeks.

## **Vaginal Rejuvenation/ Labiaplasty**

- Do not insert anything into the vagina for 6 weeks (no tampons, toys, or penises).
- No swimming or hot tubs for 6 weeks.
- Use a panty liner or pad for any blood or discharge.
- Ice the area 20 minutes on, 20 minutes off for pain if needed.

## **Gynecomastia**

- No heavy lifting for 6 weeks.
- Nipple sensation usually returns within the first year. In rare cases, it may not return.
- Start using silicone scar gel and tape after 4 weeks.

## **Discomfort**

Postoperative discomfort usually takes the form of deep muscle soreness and usually improves during the week following surgery. It is normal to have a lot of pulling or pinching sensations for weeks and sometimes months following surgery. Numbness, itching, and tingling are also normal for up to 18 months after surgery.

## **Common Side Effects**

Menstrual irregularities with premature or delayed onset of monthly menstruation are a common side effect of any procedure. Flushing of the face, neck and upper chest may occur after liposuction, and may last for a day or two. Slight temperature elevation during the 48 hours following surgery is a natural consequence of the body's reaction to surgical trauma. Bruising is minimal with liposuction, however with more extensive liposuction surgery there will be more bruising. After lower abdominal liposuction, you may experience significant swelling in the pubic area. Over time, the surgical area may turn very hard and feel numb, this scar tissue is a part of the healing process, please be patient.

## **Call or text us if:**

- Temperature greater than 101.5 F
- Redness around incision
- Increasing pain that is intolerable
- Pus coming from incision
- Severe or sudden swelling
- Swelling in one or both legs
- Shortness of breath
- Racing heartbeat
- Heavy bleeding
- Extreme Pain

**Phone number: 239-232-7771**

## Recommended Lymphatic Massages

Lymphatic massage should be started 1-3 days after your procedure. 5-10 massages are recommended. Some discomfort during a massage is normal and means your massage therapist is getting the swelling down and removing fluid.

|   |  |
|---|--|
| <b>Yuraima Godoy</b><br>239-747-4261<br>Home visits   | <b>Sandra Diaz</b><br>239-810-7647<br>Home Visits  |
| <b>Tiffany Johnson</b><br>239-878-2379<br>2804 Del Prado Blvd S #203<br>Cape Coral, FL                                      | <b>Guetsy Castillo</b><br>Le Petite Massage<br>239-257-9416<br>12811 Kenwood Lane #211<br>Fort Myers, FL |
| <b>Janet Llerena</b><br>A Healing Energy Massage<br>239-297-1885<br>27499 Riverview Center Blvd #248,<br>Bonita Springs, FL | <b>Frederica Lovelace</b><br>917-582-8619  |
| <b>Marisol Orrego</b><br>239-245-0791<br>Home Visits  | <b>Dena Blauvelt</b><br>708-829-6788   |

## Frequently Asked Questions

### **When do I pay for my procedure?**

All procedure fees must be paid in full 2 weeks before procedure date. All procedures that are rescheduled with less than 4-week notice are subject to a 20% rescheduling fee. All procedures that are canceled with less than 2- week notice will forfeit 50% of procedure fee. All procedures that are rescheduled with less than 72 hours' notice will forfeit 50% of procedure fee.

### **What happens if my procedure is canceled?**

Although rare, your procedure may be postponed or canceled. This is usually for health reasons and your personal safety. We will not take any undue risks with your health. It is your responsibility to maintain good health prior to your procedure. You must take your prescription medications as prescribed, stop all non-prescription medications, stop smoking, stop alcohol consumption, and stop all illicit or illegal drug use.

### **Can I have varicose vein treatments before my procedure?**

Do not have any lower leg or thigh vein treatments (injection sclerotherapy, vein injections, laser photocoagulation, vein procedure, or vein stripping) within six weeks of your procedure. These treatments can lead to blood clots in the legs. These are life threatening.

### **When can I start losing weight?**

Your body will need time to recover from your procedure. Please do not attempt to lose weight until 3 weeks after your procedure (including taking phentermine or semaglutide). You can schedule your complimentary weight loss visit 3-4 weeks after your procedure.

### **What should I eat after my procedure?**

You should eat a high protein diet after your surgery to have the smoothest recovery. Aim for 1 gram of protein per pound of body weight per day. Maintain this diet for at least 3 weeks after your procedure. You

should also eat foods that are high in Vitamins A, C, and Zinc such as vegetables. Avoid spicy, greasy, fried or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, soda, Kool-aid, non-acid juices).

### **What should I do if I am pregnant?**

You must not be pregnant at the time of your procedure.

### **What should I do if I become ill before my procedure?**

If you develop an illness such as a cold, the flu, sore throat, infection, diarrhea, vomiting, nausea, fever and/or chills, please call the office as soon as possible. We will determine at that time if we need to delay your procedure based on your symptoms.

### **What should I do if I have questions before my procedure?**

Remember we are here for you. We want this procedure to be as safe and pleasant as possible. Call us anytime you have questions or concerns (239) 232-7771. You can also email [tmartin@exertBodySculpt.com](mailto:tmartin@exertBodySculpt.com).

## **What if I am not happy with my results?**

### **Step 1: Breathe.**

Most patients think surgery is a “quick fix” and you leave the operating table a new person. You may look worse immediately after surgery! Your body takes time to heal. Swelling takes time to subside. Scars take time to fade. Take a deep breath and try to relax. You can’t make any firm judgments about your surgery until you have waited at least 6 months.

### **Step 2: Remember.**

It is easy to look at Instagram photos of models or wish pictures and quickly become unsatisfied with your results. Your friends and family may tell you that you don’t look that different after surgery. You must take a step back and remember what YOU looked like before surgery. Look at your own photos from before your surgery. Cosmetic surgery can make dramatic improvements to your body, but unfortunately it is not magic. Your anatomy, body shape, skin tone, starting weight, genetics and the way your body heals are all limiting factors

when it comes to surgery. We will make you the best YOU that is possible with surgery– and remember that is the only BEST that matters.

### **Step 3: Listen.**

You know when you were growing up and you didn’t want to listen to your parents, and they would annoy you and say “We know better because we have more experience.” Super frustrating because they turned out to be right. Well, say hello to your surgery parents: Exert BodySculpt and our staff. Listen to us and follow our advice and instructions. We have guided hundreds of patients through surgery– so stop looking to the internet, Realself, social media, your family and friends for answers and advice regarding your surgery. Listen to your surgery parents– “We know better because we have more experience.”

### **Step 4: Help Yourself.**

Cosmetic surgery is actually a team sport. We get your body to the best place it can be surgically but it is up to YOU to maintain the results. You made a decision to change your life when you scheduled your surgery, but that commitment to change does not end on the surgery table; it is a choice you must make every day.

### **Healthy Diet and Exercise.**

Weight gain is the #1 way you can reverse the results of your surgery. Surgery is not a magic cure that prevents your body from ever gaining weight again. If you do not change your lifestyle habits, you will have gone through the pain of surgery and recovery for nothing.

### **Follow your post operative care instructions.**

Again, this is where you must LISTEN. Follow the instructions you are given –don’t tan when you have scars, don’t go swimming until your wounds are closed, take your medications, don’t lift heavy things

because you are ready, send us progress pictures—just to name a few. By not following doctor’s orders you can cause unnecessary complications and compromise your results.

**Step 5: Accept.**

There are certain realities in life you must accept. Your body will never be perfectly symmetrical. Your scars will never completely fade or be ruler straight. Your scars may peek through your bikini. Your breasts will never be the same size. Your cellulite will not be cured. You will never be perfect. Once you accept this, you will be able to appreciate and be grateful for how much better you look and actually enjoy your results. Be proud of how far you have come!

**I followed the steps and I’m still not happy...**

**1. Am I eligible for a refinement procedure?**

We are happy to refine your surgery results with an additional procedure if we feel it can improve your results. Please initial each statement indicating that it is true. All of the following statements must be true in order for you to be eligible for a refinement procedure:

It has been six months but less than 18 months since my surgery date.

My current weight is within 10 pounds of my weight pre-surgery.

I have not been pregnant or given birth since my surgery.

I have not smoked since my surgery.

I eat a healthy diet and exercise regularly.

I have attended all of my post-op appointments and sent photos to the Exert BodySculpt team at the requested times (2 weeks, 3 months, 6 months, and 1 year post surgery).

| I am dissatisfied because.... | This happened because....   | This is how we can help.... | Cost   |
|-------------------------------|---|-----------------------------|--------|
| <b>Breast Implants + Lift</b> |   |                             |        |
| My breasts are too small      | A lot of times patients are afraid they will be too big, especially when they have always had small breasts. They request a certain size and then once they have breasts, they wish they had chosen a bigger size.  | Implant Exchange            | \$4000 |
| My breasts are too big        | When you are used to having your breasts a certain size, sometimes the big change can be too dramatic and difficult to handle, you may not feel comfortable with the extra attention, or simply your taste changes. | Implant Exchange            | \$4000 |
| My breasts are hard           | This is how your body has responded to your implants by forming a hard capsule around your implant.   | Capsulectomy                | \$3500 |

|                                |  |   |                    |
|--------------------------------|--|---|--------------------|
| My breasts are asymmetrical    | No 2 breasts are exactly symmetrical or the same size. On the operating table your breasts are as symmetrical as we can make them, but then your body takes over the healing and both sides of your body do not heal the same way. | Drop Implant, skin excisions, Breast Lift   | \$2000 - \$7000    |
| My breasts are too low         | Sometimes we try to avoid the scars of a breast lift and do breast augmentation instead in hopes your skin will hold up. Sometimes it doesn't and you will have to have the full breast lift now.                                  | Breast Lift   | \$7000             |
| <b>Tummy Tuck</b>              |  |   |                    |
| I don't like my scars          | We leave your scars as thin and straight as possible on the operating table, and you may have thick red scars or dog ears.   | Silicone gel to help with thickness and redness, Scar Revision, or IPL Laser treatments | \$50 to \$2000     |
| I still have fat in my stomach | For safety, Florida allows surgeons to remove 1 liter of fat with a tummy tuck procedure. You can lose weight or come back for additional lipo at 6 months.  | Liposuction to the abdomen  | \$5250+            |
| <b>Fat Transfer</b>            |  |   |                    |
| My breasts are too small       | Breast fat transfer is not a perfect science, patients can expect to lose 30-50% of the transferred fat.   | Additional breast fat transfer procedure in 3 months from lipo in a new area            | Starting at \$6750 |
| My breasts are too big         | There is significant swelling and fluid in the area for the first 3-6 months. Breast fat transfer is not a perfect science, patients can expect to lose 30-50% of the transferred fat.   | Liposuction to the breasts  | \$2000             |
| My butt is too big             | You may have gained weight after surgery (it goes straight to your butt)! Or you thought you wanted a big butt, but You didn't feel comfortable once you have it.  | Liposuction to the buttocks   | \$2000             |

|                                    |  |  |                    |
|------------------------------------|--|--|--------------------|
| My butt is too small               | You may have been too thin prior to your surgery, you have lost weight since surgery, or you thought you wanted a small butt and now you want it bigger! | Additional buttocks fat transfer procedure in 3 months from lipo in a new area   | Starting at \$6750 |
| I still have dimples on my butt    | Cellulite is very common and can only be removed by an additional cellulite treatment such as Aveli  | You need a cellulite treatment, which is a technology that has been proven to diminish the appearance of dimples by removing cellulite bands permanently | \$2000             |
| <b>Liposuction</b>                 |  |  |                    |
| I have hard lumps in areas of lipo | Fibrosis (hard tissue) can occur after liposuction   | Fibrosis injections  | \$200 per session  |
| I still have a small pocket of fat | Liposuction can heal unevenly with a small pocket of fat visible   | Repeat liposuction to small area   | \$500              |
| I still have a large amount of fat | Liposuction can safely remove up to 4 liters of fat per session.   | Repeat liposuction to entire area  | Starting at \$5250 |
| My skin is loose                   | Skin tightening is not a perfect science. We deliver as much energy as is safe to give the best skin tightening result without cutting.                  | Referral for skin removal procedure  | Varies             |

**What is the process to schedule my refinement procedure?**

- A. Schedule a refinement consultation at our office. This visit must be at our office and cannot be done virtually.
- B. During your consultation, our medical team will determine if a refinement procedure is appropriate.
- C. If it is, we will create an individualized surgical plan to address your concerns.
- D. Follow the instructions on your surgical plan on how to schedule your refinement procedure. Contact your patient coordinator.