



tenley k lawton m.d.
BOARD CERTIFIED PLASTIC SURGEON

**RECOMMENDED FOODS AND FLUIDS
FOR THE DAY AND EVENING AFTER SURGERY**

Chicken Soup

Saltine Crackers

Apple Sauce

Coca-Cola

Jell-O

Toast

No Dairy, Citrus juices or spicy foods for the first 24 hours.

Some individuals will have problems with nausea after surgery. We highly recommend having "Gaviscon" antacids on hand.

Additionally, some individuals will become constipated after the prolonged use of pain medications that include narcotics such as Percocet and or Darvocet. For this problem we recommend the use of "Colace" stool softener. An alternative to Colace is Miralax which is also an over the counter stool softener. This product should be started at the time of pain medication use to prevent constipation. Please call our office if you should have any questions or concerns at: 949-640-0999

PATIENT'S SIGNATURE: _____

RESPONSIBLE PARTY: _____

TIME: _____ DATE: _____

WITNESS: _____