

# GUELPH | FACIAL PLASTICS

## - Submental Liposuction Post-Operative Discharge Instructions -

### **DRESSINGS AND WOUND CARE**

- An elastic dressing 'head wrap' has been applied to keep pressure on the neck and cheeks to minimize bruising and the chance of bleeding/hematoma. Wear this at all times, except during showering/bathing. The dressing can be washed in your washing machine if it becomes soiled. You will wear the dressing for two weeks, then an additional two weeks only at night.
- Gauze has been placed between your skin and the dressing as additional padding. This can be removed the day after surgery and the wrap can be worn directly on your skin
- There are small incisions under each ear. You may also have a longer incision under your chin. Expect some bleeding from the incisions onto the dressing. Use an old pillowcase or towel on your pillowcase to avoid blood stains on your linens while sleeping
- Clean all incision lines with a 50:50 mix of water and peroxide, then apply Polysporin or Vaseline on top. Clean these areas morning and night, more often if needed

### **SHOWERING**

- You may shower or bathe after surgery when you feel comfortable, but do not submerge your head or incisions

### **ACTIVITY/DRIVING**

- Medications you were given during your surgery will be acting in your body for 24-48 hours. Do not drive, operate machinery, drink alcohol or make important decisions in the 2 days following surgery. Someone must stay with you overnight
- You may resume most activities of daily living the day after your surgery. **AVOID STRAINING, HEAVY LIFTING AND MANUAL LABOUR** for 14 days after surgery
- You may return to work as early as 10 days after surgery if you feel up to it, although the facial garment should be worn for 14 days after surgery at all times

### **NUTRITION**

- Light meals are suggested the day of your surgery when you return home
- You may resume a normal diet as soon as you feel ready

### **AFTER YOUR SURGERY**

- Some bleeding is expected from the incisions and is normal for up to a week after surgery
- Keep your head elevated while sleeping
- Apply ice packs gently to your neck and cheeks for 20 minutes of every hour, do this for the first 3 days following surgery
- Avoid strenuous activity for at least two weeks following surgery
- A brisk swelling in your neck or cheeks that grows larger by the minute and is tense and firm is NOT normal and may represent bleeding under the skin. Call the office during office hours or Dr. Brace after hours and head to the Emergency Room if this happens
- Nausea is common after a general anesthetic. Use Gravol as needed. The steroid prescription can also help with nausea

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## **MEDICATIONS**

- Dr. Brace will have prescribed your post-operative medications prior to surgery
- Take your antibiotic as directed until the prescription is finished
- Use Tylenol (acetaminophen) 650mg every 4 hours as baseline pain control AND/OR Advil (ibuprofen) 400mg every 6 hours. YOU MAY USE BOTH AT THE SAME TIME
- To minimize nausea and vomiting, use your prescribed pain medicine only if Tylenol/Advil is not sufficient to treat your pain
- Do not use Aspirin for 2 weeks after surgery

**PLEASE NOTE: Call Dr. Brace's office during office hours, or go to the Emergency Room after hours and call Dr. Braces direct phone if you have any of the following or any concern of an urgent nature:**

- You have a mass of swelling that's growing rapidly, this could indicate bleeding under the skin
- You have heavy bleeding that does not stop
- You develop a progressive headache WITH fever, vomiting and neck stiffness
- You have difficulty breathing or chest pain
- You have an ongoing fever above 38.5C (101.3F)
- You have nausea and vomiting lasting more than 2 days

Please contact Dr. Braces office if you are hospitalized within 10 days of your surgery. In that circumstance, we will notify the College of Physicians and update them on your status.