

The Glasgold Group Surgery Center

Post-Operative Instructions Submentoplasty

You may apply ice to neck for the first 3 days. Wrap ice in gauze. Apply for 10 minutes with 30 minutes between each ice application. Do not apply ice directly to the skin. Do not ice for longer than 10 minutes at a time.

Sleep and rest with your head elevated on 2-3 pillows for the first few days after surgery. You should be out of bed the day after surgery.

Tylenol may be taken for discomfort or you may take the prescription pain reliever as directed if needed. Do not take aspirin, ibuprofen, or Aleve for 2 weeks after surgery.

The first post-operative visit will be the day after surgery. The second post-operative visit will be 6 – 7 days after surgery

You may shower 24 hours after the surgery, AFTER you have seen the doctor. **Do not** take a hot shower and do not take a long shower.

At home, clean the suture lines with soap and water while in the shower and then apply a small amount of Aquaphor with a Q-tip. You may apply Aquaphor a couple of times a day.

A feeling of tightness and swelling in the neck is normal and will relax within a few weeks. You may also feel some numbness in the surgical area; this is common and will gradually subside.

How To Contact Us

During regular business hours call (732) 846-6540

Before/after regular business hours call **(732) 846-6540 press #4**

In case of emergency call 911 or go directly to the ER