

Post Operative Instructions – Submental Liposuction

By following these instructions carefully, you will assist in obtaining the best possible result from your surgery.

- Have someone stay with you the first night after surgery.
- You will have a large, bulky dressing that will be removed on your first visit back to the doctor.
- You will experience some discomfort and swelling in the affected area for the first several days.
- It is normal to experience some temporary difficulty with smiling and talking. Black and blue marks may be visible around the chin and neck.
- Expect some numbness and a tight feeling in the treated areas for an average of 8-12 weeks (about 3 months).
- During the first 24 hours you may apply iced compresses to the chin area to help decrease swelling and bruising and to help control discomfort. These compresses can be in the form of crushed ice in an ice pack or frozen peas, which readily conforms to the area on which they are used.
- Sleep in a recliner or with your head elevated on several pillows to help decrease swelling.
- Avoid excessive talking, laughing, and heavy chewing (stay on a soft diet) for about 1 week following your surgery.
- Postpone any dental work for at least 6 weeks (about 1 and a half months) after placement of a chin implant, if one was placed.

For the first week, please limit your physical activity, and refrain from straining or lifting anything over 20 pounds. You may go on walks, but do not run or do any exercise that elevates your heart rate. After 1 week, you may start to do light aerobic workouts, and after 2 weeks you may return to full physical activity as tolerated. Please contact us if you have concerns regarding any specific activity.

Diet

We suggest starting with liquids as nausea is a common side effect of anesthesia. Then you may quickly transition to a regular and healthy, balanced diet after surgery. It may be advisable to reduce your sodium intake during the first few weeks to minimize swelling. Please drink lots of liquids to help your body recover from anesthesia and surgery.

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Pain Relief

For pain relief take the maximum dose of acetaminophen (Tylenol). Acetaminophen (Tylenol) comes in many strengths. Take the maximum dose according to the label. Please be aware and follow maximum dosage guidelines. For example, do not exceed 3,000 mg in 24 hours.

If Tylenol is not enough to help with your pain, you may take the prescribed pain medicine. Do not take both the prescription pain medicine and Tylenol at the same time, as the prescription also contains Tylenol. You should not drive, operate machinery, power tools, make important decisions, or sign documents while on narcotic pain medication.

DO NOT take aspirin, aspirin-containing compounds or non-steroidal anti-inflammatory medicines such as Ibuprofen for five days after surgery.

- ☐ Norco (Oxycodone 5 mg- acetaminophen 325 mg) _____ am/pm, every 6 hours as needed for pain
- ☐ Tylenol (acetaminophen) _____ am/pm, every 6 hours as needed for pain
- ☐ Other _____ am/pm, _____ x daily for pain

Antibiotics

You may take 1 dose of antibiotics the night of your surgery day. Starting the next day, take your antibiotics as directed until they are gone. It can be helpful to take probiotics with antibiotics to preserve your gut health.

- ☐ Cephalexin 500 mg _____ am/pm, twice daily
- ☐ Clindamycin 150 mg _____ am/pm, three times daily
- ☐ Other _____ am/pm, _____ x daily

Anti-nausea

Anti-medication can be taken as needed

- ☐ Zofran (Ondansetron) sublingual 4 mg _____ am/pm, twice daily

Wound Care

After your postop day 1 visit, you may shower and gently shampoo your hair. It is okay to get your incisions wet but avoid scrubbing. You may air dry or gently pat dry with a clean washcloth. Use a gentle cleanser morning and night by directly applying to your face and the incisions. There is no need to rinse it off. Alternatively, you may use any gentle cleanser.

Follow Up Visits

You will return to the office several times in the first week after the operation. Additional follow-up visits will be at 1 month, 4 months, and 12 months after surgery. You may have postoperative pictures taken at these visits to document your progress.

Long-term Care

Awaiting your final result takes a lot of patience. Waiting is certainly the hardest part! On average, only the closest family members and friends will be able to notice swelling in 2 weeks. After four weeks, you will be looking much improved, but there is still some swelling left. While patients typically look great at one month post-surgery, we suggest waiting at least 3 months for important social events and photoshoots.

Makeup and sunscreen may be applied 1 week after surgery, but please avoid the incisions. After 2 weeks, makeup and sunscreen may be applied everywhere. Because your skin is more sensitive to heat and UV rays after surgery, please continue to protect yourself for at least 3 months after surgery with sunscreen and a wide-brimmed hat. Wearing sunscreen daily is recommended since excessive sun exposure hastens the aging process.

Numbness over the neck skin is also normal following surgery. You will gradually regain sensation, but on average it takes 4 months for this to fully recover and can take up to a year.

Postop Caretaker and Ride

- You need a responsible adult (family member, friend, or postop-op nurse) with you for at least 24 hours after your discharge from the Surgery Center.

Call the number below to report any of the following:

- Persistent nausea or vomiting
- Persistent chills or fever greater than 101° F
- Persistent bleeding that keeps the dressing wet
- Pain at a level that is intolerable despite pain medications, icing, and elevation
- Sudden onset of calf pain, redness, or swelling
- For difficulty breathing, shortness of breath, or chest pain call 911 immediately

If you have more questions or concerns, please call or text us at (503) 382-8899.

Caregiver signature _____ Date/Time

Provider signature _____ Date/Time