

Submental Liposuction and Necklift – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation. Walk every hour for 10 minutes.
- Avoid strenuous activity and keep heart rate below 100 bpm until cleared in 4 weeks.
- Avoid lifting more than 10 pounds for the recommended recovery period.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Swelling & Bruising

- Swelling and bruising are normal and may persist for several weeks.

Incision Care

- Keep incisions clean and dry. Wash with soap and water. Apply ABD pad or foam pad and then garment.
- Showering is typically permitted within 48 hours unless otherwise instructed.
- Avoid direct sun exposure to incisions for at least 6 months.

When to Call the Office

- Fever greater than 101°F.
- Severe or increasing pain not relieved by medication.
- Significant asymmetrical swelling.
- Redness, warmth, drainage, or signs of infection.

Compression Garment

- Wear compression garment continuously for the first month for as much as possible.
- Continue wearing as advised for optimal contour and swelling reduction.
- Sleep with multiple pillows.

Massage

- Gentle massage may begin as directed to reduce firmness and improve circulation. We recommend lymphatic massages with a therapist (2-3x a week for 1 month).

Expected Recovery

- Swelling and firmness are common and gradually improve over 2–3 months.
- You can drive in 3 days and return to work in 3 days.