



C O U R T N E Y
P L A S T I C S U R G E R Y

Submental Liposuction Post-op

SCHEDULE Your first follow up appointments will be 1-week post-op, 1 month, 3 months, and yearly after that. (This may vary for some patients.)

ACTIVITY Take it easy for the first few days following surgery. Limit your lifting, pushing, and pulling to 10-15lbs for the first couple of weeks. Avoid all exercise and all aerobic activities which elevate your heart rate for the first 6 weeks. After 6 weeks you may ease back into your normal routine.

MEDICATIONS Do not take any of your medications on an empty stomach and take as prescribed. All pain and anxiety medications should be spaced out by 2-3 hours. Remember not to take any Aspirin containing medications.

GARMENT You should wear your chin strap around the clock for the first week, then only at night for 6 weeks.

INCISION You will have steri-strips over your incisions that you will remove 2 weeks post-op. We will go over this in detail at your first follow-up. All sutures are dissolvable. Inspect daily for any visible signs of infection. Light bleeding from the incisions is normal. You may start using Biocorneum Scar Therapy after tapes are removed. It takes all incisions about a year to mature. No sun exposure for 12 months.

BATHING Your first shower should be 36-48 hours after surgery. Keep all tapes dry.

WHAT TO EXPECT A moderate amount of discomfort is to be expected. Most of the swelling usually subsides in 6-8 weeks. Lymphatic massages are not mandatory, however, they are highly encouraged. Bruising may be apparent beyond the areas of liposuction. This will improve daily. Do not use any hot or cold compresses. If using a hair dryer, never use a "hot" temperature setting. Temporary numbness or sensation changes may occur. You may also experience sharp pains, nerve tingling, or burning sensations. Expect to have some significant itching within 2-3 weeks of your surgery.

CONCERNS Look out for visible signs of infection such as but not limited to redness, fevers over 100.5, pain not controlled with medications, or if you notice greenish or yellowish drainage from incisions. Don't hesitate to call our office if in doubt.

SLEEP Head above heart for the first 2 weeks.