

SUBMENTAL LIPOSUCTION POST OPERATIVE INSTRUCTIONS

DAY OF SURGERY:

- A compression garment will be placed around your head immediately after surgery. This should be worn for the next 2 weeks. Wearing compression wrap will minimize bruising and help enhance surgical results
- The compression garment **can** be removed for short periods of time for the first 3 days, allowing you to gently cleanse your neck and chin area, avoiding incision sites. Pat to dry. Make sure the area is completely dry before reapplying the garment. Garment should be snug, but not too tight
- Begin taking your prescribed pain medication, usually within the first 2-3 hours, before the anesthetic has worn off
- Bruising and swelling is normal and to be expected. This will increase over the next 2-4 days
- It is also normal that you might experience fluid drainage from the surgical sites. This can continue for 1-2 days after your surgery and can appear clear, pink, or red
- Please ensure you are accompanied for the first 24 hours following your surgery due to limitations and in case of complications
- Limit your physical activity to decrease any chance of bleeding or disturbing the surgical site
- Rest with your head elevated, do not lay down flat for the first 48 hours

WHAT TO EXPECT:

PAIN: Depending on the complexity of your surgery, pain can range from minor to moderate discomfort. Discomfort should be relieved with pain medication. Take pain medication as prescribed, preferably with food to reduce nausea. Please call our office if you have difficulty managing your pain. **DO NOT** drive, operate machinery, or go back to work if you are taking your narcotic pain medication.

SWELLING: Swelling is a normal reaction after surgery and part of the healing process. Swelling will continue to increase over the next 2 to 4 days after surgery and then slowly begin to subside. It's expected that about 80% of swelling will have gone down after 2 weeks. To help decrease swelling after surgery, sleep with your head elevated for the first few days. You can also use the cold compress for twenty minutes on and twenty minutes off intervals.

NUMBNESS: Superficial numbness of the skin can occur. If this happens it can last up to 12 months.

ADDITIONAL POSTOPERATIVE INSTRUCTIONS:

- **DO NOT** smoke for at least 2 weeks following your surgery. These actions can significantly impact your healing process. Alcohol should not be consumed if still taking narcotic pain medication.
- Low impact activities like walking are ok to resume a few days after surgery. Do not bend forward, strain or lift anything during the first week of recovery. All high impact activities should be avoided for at least 3 weeks.
- Returning to normal function can take 7-10 days
- Makeup can be worn (except over incisions) 5-7 days after surgery

PLEASE NOTE: If you have other questions or concerns please reach out to our team. We are available over the weekend/after office hours. Phone #: 206-641-7212 and follow the prompts.

Please contact us immediately if you are experiencing any of the following:

- **fever exceeding 101 degrees**
- **difficulty breathing**
- **progressive or one-sided pain and swelling**
- **progressive bleeding, bruising or swelling**
- **loss of sensation**
- **rash, yellow or green discharge around the surgical sites**