



THE NADERI CENTER

COSMETIC SURGERY SPECIALISTS

PRE-OPERATIVE INSTRUCTIONS FOR SUBMENTAL LIPOSUCTION

3-4 WEEKS BEFORE SURGERY

- *Obtain Medical Evaluation.* Make a visit to your primary care doctor to complete your medical evaluation and laboratory testing. Please ensure any preoperative requests are completed 2 weeks before surgery.
- *Work and Recovery Arrangements.* Make any arrangements to be off from work or other strenuous activities while you are recovering from surgery. Have extra help available, particularly if caring for small children.
- *Smoking.* Tobacco, cigarettes and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. We advise discontinuing these products more than 4 weeks prior to surgery.

2 WEEKS BEFORE SURGERY

- *Surgery Preop Appointment.* You will come in for your preop appointment where you will review the surgery plan with your surgeon and go over logistical surgery details with your patient coordinator. Bring your questions as well as any individuals that will be part of your support and healing
- *DIET/SUPPLEMENT RESTRICTIONS.* Avoid foods, drinks and herbal supplements that can increase risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. Use Tylenol in place of other over the counter pain medications.
- *Fill Prescriptions.* These may include antibiotics and/or pain medication for after the surgery as well as pre-medication to take prior to your procedure. Make sure you understand how and when to take all medications. We suggest keeping a note pad to keep track of the medications you have taken.
- *Watch the PREOP AND POST OP VIDEOS on our website:*
www.nadericenter.com

1 WEEK BEFORE SURGERY

- *Review Instructions with Caregiver.* Confirm who will be driving you to and from the surgical center and who will stay with you for at least 24 hours after surgery.

- *Arnica.* If provided, start your Arnica tablets two days before surgery. One in the AM and one in the PM and continue until the bottle is finished.

NIGHT BEFORE SURGERY

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR SURGERY WILL BE CANCELLED.** If prescribed, take medications with a small sip of water.
- *Antibiotic.* Take your Antibiotic 24 hours prior to procedure. Continue to take your antibiotic until finished.
- *Set Up Home Recovery Area.* This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery.
- *Bathing.* You can shower but do not apply lotion, perfume, hair products, etc.
- *Shaving.* If you have facial hair, you should shave the night before or morning of your surgery so that the area is free of hair.
- *Relax.* Stay calm and get plenty of rest to avoid unnecessary stress.

DAY OF SURGERY

- *Dress Comfortably.* Do not wear nice clothing. Dress in comfortable and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- Do NOT wear any makeup, jewelry, cosmetic creams, contacts, hair products, deodorant, sunscreen, and remove all piercings.
- *Arrival to Facility.* Have someone accompany you to and from the surgical center. Arrive at the pre-designated time and remember to bring a form of identification.

POST-OPERATIVE INSTRUCTIONS FOR SUBMENTAL LIPOSUCTION

NIGHT OF SURGERY

- *Movement is Important.* Make sure to get out of bed and be up and walking around immediately after your surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Take deep breaths frequently to keep your lungs clear.
- *Sleep.* Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Keeping your body more upright will minimize swelling. Continue this for one to two weeks.
- *Ice Compresses.* Apply **ice compresses** made of gauze sponges that are dipped into iced water. You may also use frozen peas wrapped in a towel as a cool compress. For the first 24-48 hours apply the cool compresses to your chin and neck area for 20 minutes at a time, taking breaks in between.

MEDICATIONS

- *Antibiotic.* Start your antibiotic tablet 24 hours prior to surgery and take all tablets as prescribed and until finished.
- *Pain Medication.* You will be prescribed a pain medication for post-operative pain control. If your discomfort after surgery is not strong you are welcomed to take Tylenol in place of the prescribed medication. Do not take the Tylenol with the pain medication, as most often the medication you are prescribed will have Tylenol in it. **Do not exceed 4,000 mg of Tylenol in any 24-hour time period.** Take medication with food to minimize risk of nausea.
- *Constipation.* You will experience constipation if taking narcotic pain relievers. Miralax or other over the counter laxatives are recommended. Do not wait to take until you are constipated. Begin treatment with narcotic use.
- *Nausea.* If you are experiencing nausea, which is common after general anesthesia as well as a known side effect of some stronger pain medications, we advise that you take your nausea medication.
- *Medications to Avoid.* Take only those medications approved or prescribed by your surgeon. Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Naproxen, others) for two weeks before and after surgery. These medications may increase bleeding.
- *Substances to Avoid.* Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

NUTRITION

- *Diet.* A light low-fat diet is best after surgery. You may start a regular diet after your surgery as long as you are not feeling nauseated or vomiting.
- *Hydration.* Stay hydrated by drinking 8 -10 glasses of water a day. Avoid alcohol while you are still having to take pain medications.

BATHING

- *Showering.* You may remove your compression wrap to wash your hair and face as usual the next day following your surgery. Replace the wrap immediately after you shower. **Avoid submerging your neck in water.**
- *Hot Tubs/Baths/Swimming Pools.* No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

HOW TO TAKE CARE OF YOUR INCISIONS

- *Cleaning your incisions.* Tape will be placed on the small incision line after your procedure. Keep this on until your one-week post-op appointment. If the tape comes off on its own, you may apply an antibiotic ointment (Bacitracin, Neosporin, etc.) to reinforce healing.
- *Crusting.* Occasionally, crusting will occur around the sutures. This is normal and will resolve. Do not try to pull off any crusts. Showering daily will minimize crusting. Apply your bacitracin ointment daily to keep incision sites moist.
- *Sutures.* At your first post-op office visit your surgeon will remove all necessary sutures. All remaining sutures will be dissolvable. Sutures are usually removed 5-7 days after your procedure.

WHAT TO EXPECT

- *Mild Bleeding/Drainage.* It is common to experience a small amount of bloody drainage from the liposuction access sites for the first several days after liposuction.
- *Bruising.* Bruising is a very common side effect of submental liposuction. You may have bruising under the chin that extends farther down the neck and even onto the chest. Most bruises will heal after about 2-3 weeks. The bruise will go from a purplish color to a yellow/green shade as it starts to resolve.
- *Swelling.* Swelling is to be expected for weeks and sometimes months. The swelling can improve with intermittent rest. Exercise and physical activity can transiently worsen swelling but is encouraged. Total resolution of swelling and skin shrinkage can take up to 3-6 months.
- *Itching.* Itching at the incision sites is normal for a few days. You may take Benadryl to help with this.
- *Pain.* It is normal to experience tightness, pressure, shooting pain, soreness, and fatigue for several days to weeks following surgery as your body recovers.
- *Sensory Changes in Skin.* There is usually an area of numbness under the chin following a liposuction procedure. This is temporary and will resolve with time.

ACTIVITY

- *Physical Activity.* Normal daily activity may be resumed a few days after surgery. No bending over, straining, or lifting more than 5lbs for the first week after surgery. Be extremely careful if wearing any “pull-over the head” clothing.
- *Compression Wrap.* The compression wrap must be worn AT ALL TIMES for the first week following the submental liposuction procedure, and on and off for the next couple weeks as further advised by your surgeon. It is of crucial importance

to make sure the wrap is placing smooth and even compression on the neck. No curling or bunching up of the wrap should occur.

- *Shaving.* It is common to have numbness and irritation under the chin following a submental liposuction procedure. For this reason, it is advised not to shave for at least the first 5 days after your procedure.
- *Driving.* Do NOT operate a vehicle or make important decisions until you have been off pain medications for 24 hours. Use good judgment.
- *Return to work.* Most patients require approximately 5-7 days off work depending on their job responsibilities and the amount of physical contact your job involves.
- *Exercise.* You can resume an exercise regimen in approximately 3 weeks after surgery, though start easy and build back up to your previous exercise levels. Just know that swelling may transiently be worse with exercise.
- *Travel.* Automobile travel can resume immediately, although frequent breaks are needed every 2 hours to prevent blood pooling in the legs and blood clots. Airline travel is restricted until 1 week postop. You will notice increased swelling with airline travel and this can happen even 6-8 weeks postop related to the pressure changes that occur.

DO NOT'S

- **DO NOT** place anything frozen **directly** on the skin, make sure ice is wrapped in gauze pad or a towel before applying it to the skin.
- **DO NOT** soak in baths, Jacuzzis, or hot tubs, or submerge your face in water until all incisions have fully healed.
- **DO NOT** take Aspirin, Ibuprofen, Naproxen or other blood thinners until your surgeon advises you it is safe.
- **DO NOT** rub or massage your neck until after you are examined and told it is all right to do so.

EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE (703) 481-0002 OR GO TO THE HOSPITAL

- *Signs of Infection.* Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain and warmth at incision site. Temperature over 101 degrees Fahrenheit.
- *Excessive Bleeding.* If the dressings are saturated with bright red blood and you are having to make very frequent dressing changes.

- *Other Emergency Situations.* Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain or asymmetric swelling in your legs.

SHOPPING LIST

1. Prescriptions. Fill all prescriptions prior to your surgery date.
2. Compression wrap. Provided to you by The Naderi Center.
3. Tylenol (Acetaminophen). Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS.
4. Arnica. An herbal supplement that can reduce swelling and bruising. Provided to you by The Naderi Center.
5. Laxative. Used to reduce constipation that may be caused by anesthesia or narcotic pain medications.