

Neck Liposuction & Submentoplasty Pre & Post Operative Instructions

Your dressing will be removed the day after surgery and you will be given an elastic Velcro strap to wear at all times for a few days after surgery. Avoid excess head or neck movement. Call if you see any swelling under your chin as this may represent fluid collection. Slight little lumps and bumps are normal for a few weeks. Steroid injections may be necessary. These often do resolve over time.

AFTER YOUR PLATYSMAPLASTY AND SUBMENTAL LIPOSUCTION

- You will go home with a dressing around your face and neck. You must leave the dressing on until you see the doctor the day after your surgery.
- You may wash your hair and face the day after your surgery. Use the Neutrogena shampoo as instructed. You may use your own facial cleanser and shampoo.
- Wear your chin sling at all times for one week. You may take it off to shower.
- **SLEEP** on your back with your head elevated about 30-40 degrees. You are encouraged to sleep this way for approximately 2-3 days to minimize bruising and swelling.
- **EAT** soft foods for 2-3 days. I.E. (Jell-O, pudding, mashed potatoes). Chewing can cause an increase in pain and swelling.
- **TALKING** should be minimized. Excessive talking, laughing and chewing can cause increased pain and swelling.
- To avoid an upset stomach, eat something before taking any medication.
- Take the pain medicine prescribed as needed or Extra Strength Tylenol as needed. **DO NOT DRINK ALCOHOL** while taking the pain medication.
- Continue taking your antibiotic as prescribed until it's finished.
- You may wear makeup the day after surgery.
- You may **DRIVE** the day after surgery. Do not drive if you have taken any of the pain medication.