



Submental Liposuction / Deep Neck Lift- Patient Instructions

Pre-Operative and Post-Operative Care | Outpatient Surgical Facility

PREPARATION BEFORE SURGERY

- Pick up and confirm you have all prescriptions before surgery.
- Purchase MiraLAX (stool softener), Tylenol (for pain), and cold compress supplies.
- Get Arnica tablets. If provided, take as directed starting after surgery.
- Nothing to eat or drink after midnight before surgery.
- Prepare a comfortable recovery area at home.
- Strictly follow and adhere to the “**Naderi Antibleeding Anti Bruising diet.**” See separate list.
- **For men with facial hair please fully shave 48 before** but not the day before
 - We need to see the pattern of facial hair but no actual beard
- Avoid blood thinners and NSAIDs like aspirin, ibuprofen, naproxen, as well as nicotine, alcohol, and excessive caffeine.
- **No tobacco, no vaping, etc starting 2 weeks before** or your skin will lose blood supply
- Make sure you have not taken Accutane for at least 6-12 months

DAY OF SURGERY

- **Shower well. Shampoo hair twice** and use antibacterial soap on face and body.
- Wear loose, cool, comfortable clothing. Button-up or zip-up shirts are preferred.
- Do not wear makeup, lotion, skin products, sun block, deodorant, or hair products
- Remove jewelry, piercings, contact lenses,
 - Remove hair extensions, weaves, braids and lash extensions (if possible) as they can harbor bacteria

FIRST WEEK AFTER SURGERY

- Sleep on your back with your upper body elevated 45 degrees. (Recliner or wedge pillow or multiple pillows)
- Apply cool compresses for 15–20 minutes every hour while awake for the first 3 days.
 - **DO NOT APPLY ICE TO SKIN DIRECTLY**
 - **Your skin is numb and you may give yourself frost-bite!**
- Get up slowly and walk slowly but regularly with assistance to promote circulation.
- Avoid bending, straining, or lifting.
- You may feel weak and dehydrated so be careful of falling. Stay hydrated.
- You may shower 48-72 hours after surgery but be careful of falling.
 - Use gentle pressure and lukewarm water. Do not rub incisions.

MEDICATIONS

- Take antibiotics as prescribed until finished. Notify us if you have any reactions.
- Use prescribed pain medication or Tylenol (if pain is mild).
- Do not exceed 4,000 mg of Tylenol in 24 hours.
- Begin stool softener when taking narcotic pain medication. Do not force or strain during bowel movement.
- Take your Medrol steroid dose pack as instructed.



INCISION CARE

- Most likely you will need to be driven to the office to have pressure wrap (or drains) removed the day after surgery.
- If you have “hemostatic net sutures” do not panic. Looks ugly but these are removed 3 days later and leave no marks
- Start wearing the Velcro chin strap as much as possible.
 - Be careful not to let the strap “pleat” the skin or pull the skin forward. Adjust strap to keep in proper position.
- Clean incisions with Q-tip dipped in diluted Hydrogen Peroxide gently 3-4 times a day.
 - “Roll the Q-tip.” Don’t scrub.
 - Mix half peroxide with half water in the cap then discard excess.
 - Apply prescribed antibiotic ointment or Vaseline ointment as directed 3-4 times a day very gently.
- Use HOCL (Hypochlorous Acid) spray on skin, scalp and incisions 3 times a day as an antiseptic
- Do not pick or pull at incisions.
- **If you have sutures by ears: Do not pull on ears. Do not bend ears forward when cleaning behind the ears.**
- Sutures are typically removed 1 week after surgery.
- Protect skin and incisions from sun exposure. Use a large hat
- Avoid tight neck shirts such as Turtlenecks for 1 month.
- IF YOU HAVE A DRAIN, prevent it from pulling out. It will be removed by your doctor when deemed appropriate.
 - “Milk the drain” as shown by holding on to the drain close to the skin to prevent it from pulling out, then “milk the drain” by pinching and pulling the drainage towards the bulb.
 - Empty the bulb when more than 1/3rd filled and keep bulb “squeezed down” to create suction.

ACTIVITY AND RECOVERY

- Avoid lifting over 20 pounds for 2 weeks.
- Most patients return to work in 2 weeks.
- Avoid strenuous exercise for 3–4 weeks.
- Do not drive while taking narcotic pain medication.
- For men: Do not shave for 3 weeks and afterwards use a manual razor carefully especially around the incision.

NORMAL SYMPTOMS

- Mild swelling and bruising.
- Mild bleeding.
- Tightness, numbness, or mild itching.
- Mild asymmetries. Smile asymmetries. Noticeable incision.
- Noticeable incision. Lumps and bumps.

NOTIFY YOUR DOCTOR IMMEDIATELY IF YOU EXPERIENCE:

- Fever greater than 101°F.
- Severe or worsening swelling. “Goose eggs.”
- Excessive bleeding.
- Rash or severe itching or blisters.
- Call 911 if you experience shortness of breath, acute swallowing difficulty or chest pain.