

Neck/Chin Liposuction, Neck Contouring Post-Care Instructions

If you have received sedative medication and/or IV anesthesia:

Do not drive or operate machinery for 24 hours

Do not make major decisions, sign contracts, etc. for 24 hours

WOUND CARE - Keep the dressing in place for 24 hours. It is supposed to be snug. You may remove all dressings and gauze the next day after your procedure, and at that point you are to start wearing the chin strap.

Wear the chin strap at all times for 5-7 days. You may remove it briefly to wash your face/brush your teeth and shower, but replace it immediately after. After 5-7 days, you will wear the chin strap at night for the next 2-4 weeks.

DIET - Avoid alcoholic beverages & cigarettes for 2 weeks after surgery to promote adequate healing.

ACTIVITY - The day of surgery there is no bending, lifting or straining. You should only rest. For 2 weeks during recovery there is no heavy lifting, pushing, or pulling anything over 10 pounds. Keep head elevated. Sleep on your back and try to stay as central as possible not to sleep on a side as your swelling may then shift to that side. Pillows under your knees and arms help to reduce pressure for patients who experience back pressure.

BATHING - Do not get the incisions wet for the first 24 hours. After 24 hours, you may get the incisions wet in the shower and soap and water may pass over them. Pat dry with a towel afterwards. Do not keep your incisions submerged in water such as during a bath.

MEDICATIONS

Keflex (cephalexin)/clindamycin = antibiotic. Take as directed after your surgery until you have finished the entire course

Medrol-Dosepak = steroid taper. Start taking this the morning after your surgery. Follow the package directions, although you may also choose to take the entire day's worth of pills at once each morning with breakfast.

OPTIONAL SUPPLEMENTS

Arnica = homeopathic supplement that helps decrease bruising and swelling. This comes in both tablet version and cream version. Take the tablets as directed on the bottle starting 1-2 days prior to surgery and continue for the week after surgery. The cream is applied to bruised skin after your surgery to help the bruises fade faster. Do not apply the arnica cream directly over your sutures.

Vitamin C = helps promote healing and collagen formation

SPECIAL INSTRUCTIONS - Call the office if you develop any of the following: Fever (>101°F), or pain that is not relieved with your pain medication, excessive swelling, redness at incision sites, heavy bleeding, or excessive drainage foul drainage, persistent nausea and vomiting, blurry vision or any visual problems, or any other concerns.