

Post-operative Instructions Following Neck Liposuction

Uncomplicated and early healing, to a great extent, depends on how well you care for yourself after surgery. Please read the following instructions carefully before your surgery and ask us any questions you may have.

After your surgery:

- There will be a small incision under your chin with sutures (stitches) in it. You will have a light wrap dressing to stabilize the chin tissues and minimize swelling.
- The dressing over the sutures will be removed on Day 1 after surgery
- The sutures should be cleaned at least 2-3 times daily with Q tips soaked in Hydrogen Peroxide. Then apply Bactroban ointment over the sutures after each cleaning.
- Your sutures will be removed on Day 4 or 5 after surgery. Small tape strips will be placed after they are removed for extra support.
- A chin strap will have to be worn at night for 2 weeks after surgery.
- Keep your head elevated to diminish swelling, especially the first two days.
- Cool compresses will help minimize bruising and swelling.
- Notify the office immediately if you notice increasing pain, bruising, redness or fever

For Discomfort:

- There should not be too much discomfort after your implant, but if you experience any pain, try Extra Strength Tylenol 1-2 tablets every 4-6 hours. If needed, use the prescription pain medication we have given you. If both are ineffective, please call us.

Miscellaneous:

- You may wash your hair on Day 1. Try to keep the paper tapes and dressing dry.
- Contact sports should be avoided for 6 weeks.
- Expect the chin and neck area to be somewhat numb a few weeks. This varies from person to person, but almost always the numbness disappears.
- Most patients can return to normal activities within a week or so.

We look forward to being of service to you. If you have any questions or concerns, please call our office. Our phone number is 212-327-4600. We want your experience to be a pleasant and healthy one.