



Post Operative Instructions Submental Liposuction

Please read and familiarize yourself with these instructions both before and after surgery. By following them carefully, you will assist in obtaining the best possible result from your surgery.

- Have someone stay with you the first night after surgery.
- You will have a large, bulky dressing that will be removed on your first visit back to the doctor. Do not get it wet.
- You will experience some discomfort and swelling in the affected area for the first several days. It is normal to experience some temporary difficulty with smiling and talking. Black and blue marks may be visible around the chin and neck.
- Expect some numbness (as if your lip had been injected with Novocain) and a tight feeling in the treated areas for an average of 8-12 weeks.
- During the first 24 hours you may apply iced compresses to the chin area to help decrease swelling and bruising and to help control discomfort. These compresses can be in the form of crushed ice in an ice pack or frozen popcorn kernels in a baggie, which readily conforms to the area on which they are used.
- Sleep in a recliner or with your head elevated on several pillows to help decrease swelling.
- Avoid excessive talking, laughing, and heavy chewing (stay on a soft diet) for about 1 week following your surgery.
- Do not rub your chin – be gentle for a minimum of 1 month.
- If your incisions are on the surface of the skin, they may itch as they start to heal. Do not scratch them.
- Postpone any dental work for at least 6 weeks after placement of the implant.
- Take pain medications as prescribed and as needed. Always take them with food as they can cause irritation to the stomach. Do not drive or operate heavy machinery while taking pain medications. You may take Tylenol after you stop taking the prescribed pain medication.

Although any discomfort should be alleviated by your prescribed pain medication, if you have excessive pain, redness, pus or other symptoms that do not appear normal, contact the doctor immediately! Take your temperature regularly. An elevated temperature could mean an infection.