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**LIPOSUCTION OF THE NECK**

**POST-OP INSTRUCTIONS:**

Bruising and swelling of the lower face and neck are to be expected. The amounts vary with every individual, and should be resolved in two to three weeks.

You may also experience numbness of the face and neck following surgery. This may take a few months to resolve. Therefore, NO WARM OR HOT COMPRESSES should be used directly on the surgical area until you receive further instructions from your surgeon.

**ACTIVITY:**

* Rest at home for 24 hours. No heavy lifting (greater than 10 lbs.) or strenuous exercise (aerobics, jogging, etc.) for two weeks. You may go for walks, as tolerated, beginning the day after your surgery.
* You may drive in two to three days following the surgery, depending on how you feel, and provided you are not taking any prescribed pain medication.
* Avoid smoking and being around anyone who is smoking for two months.
* Bathing: You may shower/bathe the day after surgery and gently cleanse the operative area with soap and water. If you have Steri-Strips on, they may get wet, just pat them dry and leave them on.
* Male patients should be careful when shaving and avoid shaving the suture area.
* Do not apply makeup until the sutures are removed.
* Sexual activity may be resumed with YOU feel comfortable.
* You may return to work within two to three days, depending on your recovery with what type of work you do.
* Avoid direct sun exposure for a minimum of one year. Use a sunscreen with an SPF of at least #15. Tanning beds should be avoided.

**DIET:**

* Begin with sips of liquids and gradually progress to a regular diet, unless otherwise instructed.

**DRESSINGS:**

* Immediately following surgery, you will have a chinstrap in place. Do not disturb the dressings.
* Your dressing may feel wet the first 24-48 hours. You may remove the dressings the following day to shower/bathe. If you still have drainage, you may reapply gauze dressings under the chinstrap. The chinstrap must be worn 24 hours a day for the first week, checking the condition of the skin frequently, and then at night for an additional 2 weeks.

**MEDICATIONS:**

* Take Tylenol or Extra-Strength Tylenol for pain. Do not take aspirin or any medication containing aspirin, unless specified by your doctor.
* Take your prescribed pain medications with food as needed.

It is not uncommon to feel melancholy (emotional) after any cosmetic surgery. Such emotions are usually related to the immediate discomfort, anxiety over appearance such as swelling and bruising, and limitation of activity and socialization. These feelings will disappear as your appearance improves and you return to your usual daily activities.

Notify our office immediately if you develop: FEVER GREATER THAN 100 DEGREES, SEVERE PAIN NOT RELIEVED WITH PAIN MEDICATION AND REST, INCREASED SWELLING ESPECIALLY ON ONE SIDE, BLEEDING THAT SOAKS THROUGH YOUR BANDAGES, NAUSEA OR VOMITING. Call our office at (540) 722-2280 should you have any problems.

I acknowledge that I have read and understand the instructions stated above.

Patient Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_