



## What is Submental Liposuction?

Submental liposuction is a minimally invasive cosmetic procedure designed to remove excess fat from the submental area (beneath the chin) and neck. This procedure helps contour the jawline, reduce the appearance of a double chin, and create a more defined facial profile.

## How Does Submental Liposuction Work?

The procedure involves:

1. **Local Anesthesia:** The area is numbed to ensure your comfort during the procedure.
2. **Small Incisions:** Tiny incisions are made beneath the chin or behind the ears.
3. **Fat Removal:** A thin cannula (a small hollow tube) is inserted through the incisions to gently suction out excess fat.
4. **Contour Refinement:** The surgeon shapes and smooths the area to achieve natural-looking results.

## Benefits of Submental Liposuction

- **Enhanced Jawline Definition:** Creates a more sculpted and youthful appearance.
- **Minimally Invasive:** Small incisions with minimal scarring.

- **Quick Recovery:** Most patients resume daily activities within a few days.
- **Long-Lasting Results:** Once fat cells are removed, they do not return.

## Who is an Ideal Candidate?

Submental liposuction is suitable for individuals who:

- Have excess fat under the chin or along the neck.
- Have good skin elasticity to allow for natural tightening after fat removal.
- Are in overall good health and have realistic expectations.

### Not recommended for:

- Individuals with significant skin laxity (may require additional procedures like a neck lift).
- Those with medical conditions that impair healing.
- Pregnant or breastfeeding individuals.

## What to Expect During the Procedure

1. **Consultation:** Your surgeon will evaluate your concerns and create a personalized treatment plan.
2. **Preparation:** The treatment area will be cleaned, and local anesthesia will be administered.
3. **Procedure Duration:** The procedure typically takes 30 minutes to 1 hour.
4. **Completion:** The incisions are closed, and a compression garment is applied to minimize swelling and support healing.

## Recovery and Aftercare

- **Compression Garment:** Wear the provided compression band for the recommended duration (often 5-7 days full-time, then part-time for several weeks).
- **Swelling and Bruising:** Expect mild swelling and bruising, which typically subside within 1-2 weeks.

- **Activity Restrictions:** Avoid strenuous activities for 1-2 weeks. Light walking is encouraged to promote circulation.
- **Incision Care:** Keep the incisions clean and dry. Follow your surgeon's instructions for cleaning and dressing changes.

## Results

- **Timeline:** Initial results are visible within a few weeks as swelling subsides. Final results are typically evident within 1-3 months.
- **Longevity:** Results are long-lasting, especially when paired with a healthy lifestyle and stable weight.

## Risks and Potential Side Effects

While submental liposuction is generally safe, possible risks include:

- Temporary swelling, bruising, or numbness.
- Minor scarring at incision sites.
- Rare complications, such as infection, uneven contouring, or hematoma (a collection of blood under the skin).

## How to Prepare for the Procedure

- **Medical History:** Inform your surgeon about your medical history and current medications.
- **Avoid Blood Thinners:** Refrain from taking aspirin, ibuprofen, or other blood-thinning medications for at least one week before surgery (unless otherwise directed).
- **Stop Smoking:** Avoid smoking for at least 2-4 weeks before and after the procedure to promote healing.
- **Fasting Instructions:** Follow pre-procedure fasting guidelines if sedation is being used.

## **Is Submental Liposuction Right for You?**

This procedure is an excellent choice for individuals seeking a defined jawline and a slimmer neck profile without major surgery. Schedule a consultation with your provider to determine if submental liposuction aligns with your aesthetic goals.

For further questions or to book your appointment, contact our office today!