



Post-Operative Instructions for Submental Liposuction

Thank you for choosing our practice for your submental liposuction procedure. To ensure a smooth recovery and optimal results, please read the following post-operative care instructions carefully. If you have any questions or concerns, do not hesitate to contact our office.

1. Rest and Activity

- **Rest and Recovery:** For the first 24–48 hours after surgery, rest is crucial. Plan to take it easy, avoid strenuous activities, and focus on recovery.
- **Avoid Strenuous Exercise:** Refrain from heavy lifting, intense exercise, or any activities that elevate your heart rate for at least 2 weeks. Light walking is encouraged to promote circulation.
- **Head Position:** Keep your head elevated at a 30–45 degree angle when lying down or sleeping for the first week. This helps reduce swelling. Avoid bending over or looking down frequently, as this can increase swelling.

2. Compression Garment

- **Wearing Your Chin Strap:** Wear the compression garment (chin strap) provided to you around the clock for the first 3–5 days, except when showering. Afterward, continue wearing it at least 12–16 hours per day (typically while sleeping) for the next 2–4 weeks, or as instructed by your surgeon.
- **Purpose:** The compression garment helps reduce swelling, supports healing, and improves contouring. Make sure it fits snugly but not too tight to avoid restricting blood flow.

3. Pain Management

- **Medication:** Take any prescribed pain medications as directed. Over-the-counter options like acetaminophen can be used for mild discomfort. Avoid ibuprofen, aspirin, or other NSAIDs for the first week unless advised by your surgeon, as these can increase the risk of bleeding.
- **Cold Compress:** You may apply a cold compress (not ice directly on the skin) to the treated area for 10–15 minutes every hour during the first 48 hours to reduce swelling and discomfort. Avoid applying excessive pressure.

4. Swelling, Bruising, and Numbness

- **Swelling and Bruising:** It's normal to experience swelling and bruising around the chin, neck, and jawline. Swelling may peak at 48–72 hours post-surgery and gradually subside over the next 2–4 weeks.
- **Numbness and Tingling:** Temporary numbness, tingling, or tightness in the treated area is common and should gradually resolve within a few weeks to a few months.

5. Wound Care and Hygiene

- **Incision Care:** Keep the small incision sites clean and dry. Gently clean the area with mild soap and water if instructed by your surgeon. Pat dry with a clean towel.
- **Avoid Touching or Scratching:** Do not pick at scabs or scratch the treated area, as this can lead to infection or scarring.
- **Showering:** You may be able to shower 24–48 hours after surgery, depending on your surgeon's advice. Avoid hot showers, as heat can increase swelling.

6. Diet and Hydration

- **Stay Hydrated:** Drink plenty of water to stay hydrated, which aids in healing and reduces the risk of constipation from pain medications.
- **Soft Foods:** For the first few days, opt for soft foods that require minimal chewing to reduce strain on the neck area.
- **Avoid Alcohol and Smoking:** Refrain from consuming alcohol for at least 1 week after surgery, as it can interfere with healing. Avoid smoking for at least 4 weeks, as it can impair circulation and delay recovery.

7. Watch for Warning Signs

Please contact our office immediately if you experience any of the following symptoms:

- **Fever:** A temperature over 101°F (38.3°C), which could indicate an infection.
- **Excessive Swelling or Bruising:** If swelling becomes significantly worse after 72 hours or if bruising spreads excessively, please reach out.
- **Severe Pain:** Persistent or worsening pain that is not relieved by medication.
- **Signs of Infection:** Redness, warmth, pus-like discharge, or foul odor from the incision sites.
- **Difficulty Breathing or Swallowing:** Seek immediate medical attention if you experience shortness of breath, difficulty swallowing, or chest pain.

8. Follow-Up Care

- **Scheduled Appointments:** It is important to attend all scheduled follow-up visits so your surgeon can monitor your healing process and remove any sutures if necessary.
- **Questions:** If you have any concerns between appointments, please do not hesitate to contact us.

9. Additional Tips for a Smooth Recovery

- **Loose Clothing:** Wear loose, comfortable clothing that doesn't require pulling over your head to avoid pressure on the treated area.
- **Avoid Sun Exposure:** Protect the treated area from direct sun exposure for at least 4–6 weeks to prevent pigmentation changes. Use a broad-spectrum sunscreen (SPF 30 or higher) if going outdoors.
- **Sleep on Your Back:** Sleep on your back with your head elevated for the first 1–2 weeks. Avoid sleeping on your stomach or side to prevent pressure on the treated area.

Please call us with any questions or concerns, and thank you for trusting us with your care

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