

SUBMENTAL LIPOSUCTION SURGERY INSTRUCTIONS

You will need to purchase: Q-tips, hydrogen peroxide, a tube of antibiotic ointment (Bacitracin or Polysporin), frozen peas or ice packs, prescriptions if ordered.

Two weeks before surgery:

All aspirin and aspirin-like products (ibuprofen) need to be discontinued unless your medical doctor requires you to take it. (See list of medications containing aspirin and aspirin-like products.) *Please let the doctor know if you must continue these medications.*

Evening before surgery:

1. **NOTHING** to eat, drink, or smoke after midnight if having general anesthesia or sedation.
2. Take medications as directed, if applicable.

Morning of surgery:

1. Wash your face thoroughly before procedure. **DO NOT** apply make-up or facial creams. Bring a scrunchie or band for your hair.

After surgery:

1. Remain quiet. Keep head elevated on 2-3 pillows for the next 3 days. To decrease swelling and bruising. A reclining chair works well also. Keep your head above your chest.
2. Apply ice packs or frozen peas in a zip-loc bag with a thin washcloth between the plastic and your skin in the surgical area.
3. It is normal to be drowsy but try to eat a light, soft meal the evening following the procedure.
4. Leave compressive bandages in place until your return visit to the office or until instructed by Dr. Sidle to take it off on your own.
5. Take pain medication every 4-6 hours if needed. Always take narcotic pain medicine with food to decrease nausea. If you have minimal pain, take extra-strength Tylenol **ONLY. DO NOT** take ibuprofen or any aspirin or aspirin-like product. If you have no pain, do not take any medication.
6. Using Q-tip, clean incision with hydrogen peroxide, pat dry, and dress with antibiotic ointment, 3 times a day post-operatively.

DOUGLAS SIDLE, MD
Facial Plastic and Reconstructive Surgery

7. You can expect swelling, bruising, and tightness of the bandage. However, if there is excessive bruising and pain, especially on one side only, call the office.
8. Men may shave their beard the day following your procedure but *avoid* the area around your incision.

Other information:

1. Your neck may be swollen and discolored for 2 weeks after the procedure. Try not to let this alarm you. This condition will improve with time.
2. Avoid sudden movement of your head to either side.
3. Try to sleep on your back for 1-2 weeks after surgery.
4. Eat a relatively soft diet for the first 3 days.
5. Resume routine activity in 10-14 days.
6. No driving until you can fully move your neck and are off the prescription pain medicine.

Please do not hesitate to call Dr. Sidle if you have any questions or concerns.

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