

## **SUBMENTAL LIPOSUCTION INSTRUCTIONS**

**Before your procedure, 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 Dr. Sidle or his staff 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. If you have long hair, bring a scrunchie or band for your hair.
2. If you were prescribed an antibiotic, take it with a sip of water before leaving for your procedure. If your procedure is in the operating room, the antibiotic will be administered there.
3. Take your normal prescriptions (other than aspirin) with a sip of water only.

**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. Apply the ice over the compressive dressing.
3. It is normal to be drowsy but try to eat a light, soft meal the evening following the procedure.
4. If you have a large facelift-style dressing on, remove it after 24 hours. Then use the supplied elastic compressive dressing 24 hours a day for the first week. You may remove briefly for bathing and comfort. The more the dressing is worn, the better the results will be.

---

**DOUGLAS SIDLE, MD**  
Facial Plastic and Reconstructive Surgery

---

5. Take pain medication every 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 a Q-tip soaked with hydrogen peroxide to clean the incision. Pat it dry, and dress with antibiotic ointment 3 times a day until stitches are removed.
7. You can expect swelling, bruising, and tightness of the neck. 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 incisions. Electric razors work best

**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. We recommend placing a rolled hand-towel or a small pillow under your chin while you sleep to keep the chin up off the chest.
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.**

**Office 312-695-8182**