

LIPOSUCTION OF THE NECK POST OPERATIVE INSTRUCTIONS

You will need to have available for after surgery:

1. Antibiotic ointment located over the counter (Bacitracin or Polysporin or Neosporin)
2. Ice packs or frozen peas
3. Q-tips
4. Prescriptions (will be called into your pharmacy prior to procedure): 1. Pain medication 2. Oral Antibiotic 3. Medrol dose pack (short course of oral steroids to reduce facial swelling)

One week 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. Remove all eye makeup and mascara. Do not reapply until instructed to do so.
2. NO FOOD OR DRINK 6 HOURS BEFORE THE PROCEDURE START TIME).
3. No smoking.

Morning of surgery:

1. Wash face thoroughly. Do not apply makeup or creams to face.
2. Bring dark glasses with you day of surgery.
3. *Take your first dose of antibiotic pills (Keflex-cephalexin) on the morning of surgery with a small sip of water*
4. Remove your contact lenses

After surgery:

1. Remain quiet. Keep head elevated with extra pillow under your head/upper back for the first 2-3 days. To decrease swelling and bruising. A reclining chair works well also. Keep your head above your chest.
2. Please also eat a low sodium high protein diet to decrease swelling and ensure good healing. Please keep in mind to eat with any pain medication to avoid nausea and vomiting after the procedure.
3. 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. You may apply the ice over the compressive dressing on the neck for 20 minutes on and then 20 minutes off.
4. A neck compression wrap is placed to the neck. The neck wrap will Velcro at the top so you may adjust and re position easily. Please wear this white compression

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- wrap for 24 hours a day for the first one week (as often as possible when you home from work during the first one week), and then wear for 12 hours in the evening for one week. Then you are done with any compression wrap to the neck.
5. It is OK to remove the compression wrap to shower as needed. It is recommended to re position the wrap as needed so the wrap is NOT in the exact same position.
 6. You may shower after 2 days or 36 hours. It is ok to get the incision sites wet in the shower, you may wash with soapy water, pat the incision sites dry and avoid rubbing.
 7. 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 products for two weeks after the procedure. If you have no pain, do not take any medication.
 8. **CLEANING THE INCISIONS**-Apply antibiotic ointment 2-3 times a day until sutures are removed in the office at your first post operative appointment. In some cases, Dr. Sidle may not place sutures to the small incision sites, and they will remain open and heal on their own within 3-5 days.
 9. It is very normal to have drainage from the incision sites for the first 24 hours-you may notice some blood tinged drainage from the incision sites.
 10. You can expect swelling, bruising, and tightness. However, if there is excessive bruising and pain, especially on one side only, call the office.

Other information:

1. Try to sleep on your back and in a more elevated position for the first 2-3 days after surgery. You may notice your swelling is more noticeable in the morning and then will improve throughout the day.
2. Numbness to the incision site, and to the neck is normal and will return to normal within the first 6 weeks.
3. Your swelling will be present for the first 7-10 days and then will resolve over the first 6 weeks from procedure.
4. No aerobic activity or running for the first 7 days. You may resume walking after the procedure without any problems.
5. No driving until you can fully move your neck and are off the prescription pain medicine.
6. You will return to the office after 5-7 days for your first post operative appointment.

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

Main Office #312-695-8182

****if you have questions, please call or text Dr. Sidle directly, especially if it after hours or on the weekend--Dr. Sidle's Cell #773-220-4972*