



## *submental liposuction*

### *post-operative instructions*



- Get plenty of rest.
- Follow balanced diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take your medication as prescribed. Do not take aspirin or any products containing aspirin.
- Avoid alcohol consumption for 3 weeks as it causes fluid retention.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Keep head elevated to help minimise any swelling; sleep with head on 2 pillows for the first few days after the operation.

### *activities*

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- Return to work in approximately 1 week.
- Avoid strenuous exercise and activities for 3-4 weeks.
- Massage your face with moisturising cream where you are able. Arnica cream works well.
- You may have a facial after 6 weeks.

### *incision care*

- You may shower 48 hours postoperatively
- Avoid exposing scars to sun for at least 6 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean and inspect daily for signs of infection.
- Hair can generally be shampooed in 2-3 days.



### *what to expect*

- Minimal postoperative pain.
- Temporary numbness.
- Swelling, bruising (face, neck, chest) and tightness of skin. This is normal and should disappear within two weeks.

### *follow-up care*

- Sutures, if not absorbable, are usually removed within 7- 10 days.

### *when to call*

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 38 degrees Celsius.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.