



Kavali  
Plastic Surgery

## **SUBMENTAL LIPECTOMY (Neck liposuction) SURGERY POSTOPERATIVE INSTRUCTIONS**

---

You have just had an extensive and delicate operation on your neck. The following information is intended for your well being and will assist you during your recovery period. It is not a substitute for my personal attention or interest in you. In fact, each operation receives special and individual thought. If you have any questions, please do not hesitate to ask.

Following surgery, you will go to the post-anesthesia care unit. A dressing over your face and neck will be in place. Following your operation, your tissues will react with swelling and a feeling of tightness, which will be responsible for discomfort. The incision will be tender for a time. The surgery is responsible for numbness of the neck. Usually these areas regain their sensation, but it does take some time.

The swelling and bruising in your neck and face will leave in time but may settle in your chest due to gravity -- this is expected.

Although your appearance has been improved, your skin and features will continue to age naturally. If, after several years, your skin has changed more than pleases you, other procedures are certainly possible.

To safeguard the result you have gained, it is recommended that you avoid excessive gain or loss of weight. It is probably advisable to not allow severe facial massage. In addition, ultraviolet exposure from the sun is very damaging to the skin. It is advisable to use a #25 sunscreen on a regular basis. This is certainly advisable for at least the first year following surgery. You may use facial creams as desired.

Please have someone assist you to and from your car on the way home and fasten your seat belt. It is advisable that you not be left unattended for the first 24 hours.

**Wound care:**

Following the removal of your dressing, gently apply Bacitracin or Neosporin ointment twice daily with a Q-tip to your suture line. This is an antibiotic ointment that can be purchased at any drugstore without a prescription. There may be some itching, but do not rub your incision as there is the risk of pulling open the incisions.

It is very important that you elevate the head of your bed to reduce swelling. It is advisable not to lie on your side, as this can cause uneven swelling. It is very important that you do not stoop or bend over for two weeks following your surgery. Watch carefully for signs of unusual swelling or painful firmness with black and blue discoloration. The face and neck normally show swelling and discoloration but should remain fairly soft. Do not hesitate to call me if there is any question about pain, swelling or bleeding.

You may wear **makeup**; just take care to avoid any incisions that are present.

**Diet:** Begin with liquids and light foods, (Jell-O, crackers, soups, etc.), gradually progressing to a normal diet.

**Medications:**

Have your prescriptions filled before your surgery date. Use prescription medications for pain as directed. These medications can cause drowsiness, tiredness or loss of balance and may affect your vision, thus, do not drive or operate machinery while taking these medications.

You may resume your daily prescription medication UNLESS they are listed here:

You may use Tylenol if you wish. However vicodin, percocet, and other pain medications contain Tylenol. Thus, do not take these medications and Tylenol together as you may be taking too much Tylenol. Too much Tylenol can cause liver damage and other problems. If you are unsure about a particular medication, please call.

**Questions or concerns:**

Call if you have any problem or question that concerns you. If it's after hours or on a weekend, call the office at 404-250-3333, wait for voicemail to pickup, then dial "0" to reach my cell phone directly.

If you need immediate attention, or for some reason are unable to contact me, go to the emergency room nearest your home or at the hospital where you had surgery.

Some reasons to call:

Fever

Pain not relieved by medication

Severe pain

Redness, warmth, drainage or odor from operative site

Bleeding (small amounts of oozing may be expected)

Persistent nausea and vomiting

If you have ANY questions or concerns regarding your condition or surgery

**Follow-up:**

You should already have your first follow up appointment for about one week after your surgery date.