



## **POST-OPERATIVE INSTRUCTIONS FOR LIPOSUCTION OF THE FACE AND NECK**

Severe pain or swelling, particularly if much greater on one side, could be a sign of a problem, call us if this occurs.

You may have a gauze dressing under your chin and have a chin/face wrap in place. The chin/face wrap should be snug but not too tight. You may change the gauze pad as necessary. The chin/face wrap should be worn for the first three days at all times. After three days, the wrap should be worn at night-time for an additional week. You may temporarily remove the wrap to shower after the first day.

You will experience bruising and swelling along the neck and upper chest, which will begin to decrease around the third or fourth day. Ice packs along the neck area will help minimize this and should assist in comfort. Use a plastic bag with finely crushed ice or frozen baby peas, covered in a towel and use the ice on for twenty minutes and off for twenty minutes.

Also, sleep with your head elevated on at least two pillows for the first week, minimize salt intake and drink at least 8 glasses of fluid per day to help decrease the swelling.

Apply Anti-Bacterial Ointment to the sutures four (4) times per day.

Do not take aspirin or aspirin-containing products for two weeks after surgery.

Make-up can be worn (except over the incisions) in 5-7 days.