

# Michael R. Macdonald, MD

BOARD CERTIFIED FACIAL PLASTIC SURGEON



Aesthetic Surgery & Skin Rejuvenation

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## **SUMENTOPLASTY OR NECK LIPOSUCTION POST-OP INSTRUCTIONS**

**TO REDUCE SWELLING:** When sleeping during the first week post-surgery, keep your head and shoulders elevated about 30 degrees using 2-3 pillows. Do not bend at your waist thus allowing your head to drop below the level of your shoulders. Refrain from any lifting or straining during this first week. Minimal talking or laughing is recommended for 24-48 hours.

**BANDAGES:** A Velcro submento sling is applied immediately post-op. Your sling should be worn day and night the first 5-7 days, and then at night only for the next 7 days. For further support and to aid in more rapid healing, a soft cervical collar (known as a “whiplash collar”) may be worn during this time. Any gauze dressings behind your ears or under your chin should be changed daily until incisions have healed. Starting on the 3<sup>rd</sup> day post op, antibiotic ointment should be applied to any incisions 2-3 times per day.

**ICE:** Icing reduces both bruising and swelling. Apply ice to your chin area for up to 20 minutes per hour, while awake, for the first 48-72 hours.

**MEDICATIONS:** Take all medications as instructed.

**ACTIVITY:** The first night post-op, bed rest with a small amount of walking is allowed. No bending, stooping, or straining for 7 days. Avoid strenuous exercise for 3 weeks and swimming for 4-6 weeks.

**WASHING/BATHING:** On the 3<sup>rd</sup> day post-op, you may remove the sling and/or soft cervical collar for several minutes in order to bathe and wash the garment. Replace the sling promptly for the remainder of the wearing time. Any incisional wounds should be kept clean and dry for the first 48 hours post-op. Thereafter, gentle and careful bathing or showering is allowed.

**DIET:** Only liquids should be consumed for the remainder of your surgery day. A normal diet may be resumed the following day.

**SIGNS OF INFECTION:**

You should notice a gradual reduction in discomfort from the wounds. A marked increase in discomfort, increase in redness, or temperature greater than 100.5 should be reported to Dr. Macdonald immediately.

**QUESTIONS:**

Should you have any questions or concerns, Dr. Macdonald is always available. Please contact the office. If voicemail picks up or it is after hours, Dr. Macdonald's contact number or call coverage arrangements are indicated.