



Dermatology Cosmetic Laser
Assoc. of La Jolla, Inc. (CA)
9339 Genesee Ave Suite 300
San Diego, CA 92121

LIPOSCULPTURE OF THE NECK POST-OPERATIVE INSTRUCTIONS

Going Home:

- The day after surgery, you should feel well enough to drive your car and engage in light physical activities.
- You may carefully resume more vigorous exercise and physical activities 2 to 4 days after surgery.
- Your post op appointment will be scheduled the day after surgery. The day after your post-op appointment (day 2) you can shower, wash the incisions with soap and water and apply Polysporin antibiotic ointment twice daily until the incisions are fully healed.
- Have some absorbent pads available (light Kotex absorbent pads work well) to use as post-op dressings.
- You should expect a small amount of blood-tinged anesthetic solution to drain from the small incisions during the first 24 to 48 hours. It may be necessary to change the absorbent pads that are under the chin strap.
- DO NOT cover the incisions with Band-Aids or stop the drainage in any way. No hot/cold compresses on the incision sites.
- A chin strap will be worn to provide mild compression that promotes drainage. This strap should be left in place for 24 hours and may be adjusted for comfort as needed. You may have tape on the skin under the strap; leave this tape in place and do not allow it to get wet while bathing; it will be removed during the post-op visit the day after surgery. Please wear the chin strap continuously for the first 3 days, then for 4-5 hours per day for 2 weeks. After the 1st 3 days, it is best not to wear the chin strap at night.

Discomfort and bruising:

- The soreness is the worst about 24 hours after surgery and then improves daily.
- For relief of soreness and inflammation, take Tylenol 500 mg (extra-strength) 1-2 pills every 4 hours while awake for the first 48 hours AFTER surgery.
- DO NOT TAKE ASPIRIN or IBUPROFEN or any other medications that contain aspirin or ibuprofen for 3-5 days after surgery as this may promote bleeding.
- With the Tumescence Technique, most patients experience remarkably little bruising. Nevertheless, some patients have mild to moderate bruising, lasting 1-2 weeks. If this is a concern for you, your Pre-operative Nurse will discuss the use of an Arnica Forte formulation to be started before surgery.

Medications:

- Take the full 10-day dose of oral antibiotics as directed.

Bathing:

- Normally, the tape will be removed at the 24-hour post-op visit the day after surgery. While the tape is in place it is best to sponge bathe or shower from the shoulders down to avoid getting the tape wet. After the tape is removed, you can shower and shampoo your hair. Keep the incisions clean by washing them gently with soap and water. Gently pat them dry with a clean towel. Apply POLYSPORIN antibiotic ointment to the incisions twice a day.
- DO NOT submerge in water until the incisions have healed completely (about 1 week).

Diet:

- Start with a soft diet and progress to your normal diet. Light foods are recommended for the first meal after surgery. You may resume your usual diet about 4 hours after surgery.
- Drink adequate amounts of water, and fruit juices to prevent dehydration. Avoid drinking alcoholic beverages for 48 hours.

****If you develop a fever, rash, blisters, increased pain, severe itching or change in color of the weeping fluid, call our office immediately as these symptoms may be a sign of infection. ****

After Hours Answering Service: 858-657-1002

Dr. _____ Email/Cell# _____