

# LIPOSCULPTURE OF THE NECK

## What to expect before, during and after your surgery

### **Before your surgery:**

- This is a surgery done to remove unwanted fat in the neck: to correct "double chin: and to correct "turkey neck".
- You will require a 1-hour Phone Pre-operative appointment approximately 2 weeks before the surgery to prepare.
- You will be required to have Pre-operative lab work.
- You will be required to take a course of antibiotics.
- This surgery is performed in our Operating Room.

### **During your surgery:**

- You will be in our Operating Room for approximately 2-3 hours and will be given I.V. medication during the surgery for sedation.
- You will NOT have General Anesthesia.
- There will be several punctures made in the neck to inject lidocaine fluid and to suction out the fat.

### **After your surgery:**

- You will be wearing a Chin Strap with padding inside. You will be asked to wear the Chin Strap all day and overnight while you are sleeping.
- There will be tape to contour the area under the chin and that will stay in place for several days.
- The Padding will absorb some of the fluid that drips out of the punctures.
- After your post-op appointment, you will be told how long to continue wearing the Chin Strap.
- You will require a ride home after this procedure.
- Resume normal diet as tolerated after surgery. Best to avoid salty foods and foods that require a lot of chewing.
- NO alcohol for 24 hours after surgery.
- You will have soreness and achiness for several days after the procedure. The area will be tender to the touch. Tylenol 500mg, one or two pills taken every 4-6 hours is the medication of choice after surgery for the first 48 hours. DO NOT take Ibuprofen products (Advil, Motrin, Aleve) or Aspirin until 3-5 days after your surgery.
- Swelling and bruising are NORMAL after this surgery and could last 3-7 days or longer. Please sleep with your head elevated on 2-3 pillows to help reduce the swelling.
- Take a bath or shower from the shoulders down to prevent getting the tape wet. Further bathing instructions will be provided after your post-op appointment.
- When permission is given, gently cleanse the puncture sites with soap and water and pat dry.
- Apply Polysporin/Bacitracin ointment gently after cleansing to puncture sites.

**Please contact our office if you have any questions or concerns at (858)657-1002.**

Additional notes/instructions:

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