



INSTRUCTIONS AFTER LIPOSUCTION OF THE NECK

Activity:

- Immediately after surgery you should rest for the first 48 hours.
- Stay in the company of a responsible adult for the first night.
- Commence on a light or liquid diet as tolerated as anesthesia medications can make you feel nauseous and chewing may cause discomfort.
- You should sleep on your back with your head elevated on at least two pillows to minimize swelling.
- In some cases there is temporary numbness of the chin/cheek due to stretching of the nerve supply.
- Avoid any strenuous activity, heavy lifting or bending over.

Dressing Care:

- You may remove your compressive dressing in 48 hours. After removing the initial dressing apply compressive garment provided for you.
- After the dressing is removed you may allow the surgical site to get wet briefly while showering then pat gently dry.
- Do not allow the liposuction sites to be exposed to the sun.

Medication:

- You may take Tylenol for mild/moderate discomfort. (Be aware if the pain medication you are taking contains Tylenol. Do not take two items containing Tylenol.)
- Take prescription pain medicine as needed for more severe pain according to the instructions on your prescription.

Please use the medication prescriptions already give to you:

Pain Medicine _____

Anti-Nausea Medicine _____

Follow-up:

Your 1st postop visit is _____

If a follow up appointment has not been made for you please call our office during regular business hours (8:30am to 5:00pm) at you earliest convenience.

If you have any unusual bleeding, severe pain (not responding to pain medication) or any signs of infection, call (617) 786-7600 anytime to reach the doctor.

I acknowledge the above instructions were explained to me and that I understand them.

Signature: _____ Date _____