



INSTRUCTIONS AFTER LIPOSUCTION OF THE NECK

A nurse will call you between 4 PM and 7 PM the day of your surgery to check on your recovery. 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.

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 post-op 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 your earliest convenience.