



THE FEW INSTITUTE

for AESTHETIC PLASTIC SURGERY

POST-SURGERY INSTRUCTIONS: SUBMENTAL LIPOSUCTION

Patient Name _____

Date _____

Surgery Date _____

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms of liposuction of the neck or submental region, and signs to watch for following submental liposuction include:

Tightness or numbness of chin, jaw and neck: Stiffness of the neck. Bruising and swelling of the neck or a pale, swollen complexion. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.**

If you have a drain placed in any incision, you may also experience localized discomfort at the drain site.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen appearance, excessive bruising or fluid retention that is localized to one region.**

DAY OF SURGERY INSTRUCTIONS:

- **Walk every 2 hours for 10 minutes while awake**
- **Resume daily activities as tolerated**
- **Take medications as directed**
- **You may resume all medications immediately after surgery**
- **Sleep at 45 degree angle (2 pillows) for 1-2 weeks**
- **Keep incision clean and dry.**
- **Do not remove steri-strips (little white or brown tape strips)**
- **You may shower 24-48 hours after surgery.**
- **Do Not Drive while taking a narcotic medication**
- **You may switch to Ibuprofen 24 hours after procedure**
- **Wear compression garment as directed**
- **Do not lift, pull, or push anything heavier than 5lbs for 2 weeks post surgery**
- **No exercising for 14 days after surgery**
- **Schedule follow up appointment 3-5 days post surgery**

To contact Dr. Few after hours, please call the answering service at 312-202-0882 , and press "0"