



LIPOSUCTION

Postoperative Instructions

- The face or areas of surgery may be swollen and discolored for one to two weeks after surgery. Notify us if marked swelling, discoloration or pain occurs.
- Apply ice packs as often as possible. This will be soothing and help reduce swelling and bruising.
- Elevate your head at least 45 degrees for two days (or longer, if tolerated). The greater the elevation, the better.
- Take pain medications as necessary and instructed. Call us if pain is excessive.
- Avoid sudden movements of the head. Keep head movements minimal with as little turning or nodding as possible.
- No aspirin, Motrin, Advil or aspirin-containing products for two weeks prior and two weeks after surgery. Extra-strength Tylenol is fine.
- Be careful not to use many facial expressions in the first week or two such as smiling, frowning and excessive chewing.
- For the first day or two a liquid or soft diet is desirable.
- After dressing removal by the doctor or nurse, gently cleanse the incision lines with hydrogen peroxide on a Q-tip applicator. Then apply a layer of antibiotic ointment.
- Maintain neck and cheek support for 10 days or longer during the night.
- Gentle, cool rinsing of the hair is permitted after 2 days. Be careful not to pull on scalp. Do not brush or comb hair until instructed. A hair dryer may be used on a **COOL** setting (not warm or hot), but it is preferable to let the hair dry naturally.
- Avoid sun exposure for at least 6 to 8 weeks post operatively. Wear sun block with an SPF of at least 15 when outdoors.
- Careful, gentle tub baths only for about one week or sponge baths.
- Rest for the week after surgery. Avoid excessive activity for one month. Exercise may resume at 3 to 4 weeks with moderation and gradual progression.
- If you have any questions or concerns, please do not hesitate to contact our office at (360) 733-0640 or (360) 738-3223.
- Special Instructions: