



SUBMENTAL (CHIN) LIPOSUCTION POST CARE INFORMATION

AFTER YOUR SURGERY:

IMPORTANT

If you experience any of the following please call (02) 4041 1514 or 0412612866 (after business hours only)

- o Fever
- o Excessive drainage or bleeding from incisions
- o Itching, redness or rash around the incision lines
- o Excessive discomfort your pain medication does not control
- o Recurring vomiting
- o Any reaction to medication

SWELLING:

Swelling and bruising is normal for the first 2-3 days following surgery. Watch for any abnormal swelling in the neck region that feels firm, red, sore. If this happens, please contact us at 0240411514 or 0412612866 (after hours). This may indicate a collection of fluid under the skin and may need to be drained by the Doctor, or indicate an infection

COMPRESSION GARMENT:

A compression bandage is provided for you which must be worn for 1-2 weeks following the procedure. You can choose the following length of time to wear the compression bandage based on their lifestyle:

- **3 full days, then wearing the bandage for the next 11 days when not at work**
- **OR**
- **7 full days for those who work from home**

It is quite common to continue to have a "swelling" after the prescribed period of compression wear that feels "fluidy" but is not painful to touch and is very soft. If this is the case, please continue to wear the compression wear at night when you go to sleep as it will help with the drainage. It is not uncommon for this to take another 2 weeks to clear. That said, please come in for a review and attend all recommended review appointments.

ICE:

For the first 48 hours, cold packs may be applied to the surgical areas to reduce swelling, bruising and pain but are not necessary for healing. Apply to the area for 20 minutes every hour.



INCISION CARE - There will be 5 incisions 3-5mm wide along the jawline. The incisions are left to drain freely for 24-48 hours. By wearing the compression wear, these incisions will be well opposed and will heal on their own.

There are simple gauze pads inserted by the Doctor above these incisions inside the compression wear. Generally, the need for these pads will disappear after 48 hours.

The areas of incision should be left dry for 24 hours and a light washing after 24 hours is all that is needed with a neutral non-irritating soap

ACTIVITY:

o During your first post-operative day, stay up right as much as possible. You should sit, stand, or walk around rather than remain in bed.

o Avoid bending or lifting anything heavy during your first week.

o Take extra precautions to protect your face from bumps, hits or injuries for at least 2 weeks after your surgery.

o Avoid strenuous activity & heavy physical exertion for 7 days after surgery. You may continue with low impact exercise such as yoga, pilates, walking

o NO SWIMMING for at least 2 weeks

SLEEPING POSITION - Patients are free to sleep however they naturally sleep after surgery. Please continue to wear the compression wear in your sleep.

BATHING - Keep the surgical area dry for 24 hours post treatment. You may bath after 24 hours providing the surgical areas are not rubbed or scrubbed. You may wash your hair after 24 hours

MAKE UP – may be applied once the incisions sites have 'scabbed' over and stopped draining. This usually takes 48-72 hours. Gently removed with a mild gentle cleanser. Do not scrub or rub the area until the incisions are completely healed

SMOKING - Smoking decreases capillary flow to your skin. We advise you not to smoke at all during the first 21 days after surgery.

ALCOHOL – no alcohol for 24 hours before the procedure and 48 hours after the procedure

DRIVING – you can drive home provided you have not taken any pain medications other than paracetamol after surgery

SCARS AND NUMBNESS FOLLOWING SURGERY - healing is a gradual process, and your scars may remain slightly pink for 6+ months. A small percentage of patients experience numbness. This is unfortunately a natural risk with liposuction and your Doctor would have discussed this with you prior to surgery.

POST OPERATIVE APPOINTMENTS - It is very important that you attend any post operative appointments with your Doctor. This is to ensure you are healing properly and any post operative issues can be resolved quickly