Neck Liposuction Surgery
Post Op Instructions

• **AFTER YOUR SURGERY:** At home, a family member/friend MUST drive you because you have been sedated. Someone should stay overnight with you. They may need to assist you to the bathroom, getting something to eat or drink, and assisting with your ice packs.

• **VERY IMPORTANT:** If you have any of the following call (239) 992-9201:
  - Fever greater than 101 degrees
  - Excessive drainage or bleeding
  - Itching, redness or rash around the incision lines
  - Excessive discomfort your pain medication does not control
  - Recurring vomiting
  - 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 shaped like a goose egg that feels firm or fluid filled. If this happens, please contact us at 239-333-3223 or 239-992-9201, as this may indicate a collection of fluid under the skin and may need to be drained by Dr. Reed.

• **ICE:** For the first 48 hours, apply moist frozen gauze and ice packs to surgical areas to reduce swelling, bruising and pain. Apply to the area for 20 minutes every hour.

• **HEAT:** After 8 hours, begin moist heat by applying a moist towel and the heat. The temperature on the heating pad should be no higher than the medium setting. **DO NOT** use heat continuously.... Only 20 minutes out of each hour.

• **INCISION CARE:** - is usually covered with tape. However, if the tape falls off, then clean the suture line 4 times daily with hydrogen peroxide on a Q-tip, gently rolling the Q-tip over the suture line to remove any dried blood, then apply a thin layer of CU3 Creme. It is not necessary to continue these cleanings throughout the night.
• **ACTIVITY:**
  
  o During your first post-operative day, stay up as much as possible. You should sit, stand, or walk around rather than remain in bed. However, you should rest when you become tired.
  
  o Avoid bending or lifting anything more than 5 lbs. during your first week.
  
  o We do not want you to bleed and cause any more swelling and bruising than is necessary.
  
  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 2-3 weeks after surgery.
  
  o **NO SWIMMING** for at least 2 weeks.
  
  o Avoid turning your head from side to side. Turn with your whole upper body.

• **SLEEPING POSITION:**  Sleep on your back with your head elevated on 2 pillows for at least 1-2 weeks after surgery. Avoid turning your head from side to side. Turn with your whole upper body.

• **DIET:**  If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If you experience severe nausea, use prescribed medication for the nausea. If there is no gastric upset, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.

• **SHOWER:**  At least once a day, shampoo your hair (with baby shampoo only). Prior to showering, remove the wrap dressing that Dr. Reed placed in the office; this is an excellent opportunity to evaluate the neck for any fluid collections. **After showering,** replace the wrap dressing; Dr. Reed and staff will show you how to apply the dressing on your office visit the day after your procedure.

• **DRESSING** - if the dressing loosens during the day, please replace it. It is important that the dressing is smooth against the skin and snug to minimize the potential for contour irregularities and/or fluid collection formations.

• **COSMETICS:**  Facial make-up can cover up bruising after the sutures are removed. Eye makeup may be gently applied after all sutures are removed and gently removed with a mild gentle cleanser.
• **SMOKING:** Smoking decreases capillary flow to your skin. We advise you not to smoke at all during the first 21 days after surgery.

• **ALCOHOL:** Alcohol dilates the blood vessels and could increase post-operative bleeding. Please do not drink until you have stopped taking the prescription pain medications, as the combination of pain medications and alcohol can be dangerous.

• **DRIVING:** Please do not drive for at least 2 days after general anesthesia or 24 hours after intravenous sedation or while taking prescription pain medications.

• **SUN EXPOSURE:** Avoid exposing scars to the sun for at least 12 months. A sunscreen with a minimum of 30 SPF is recommended. If fresh scars are exposed to the sun, they will tend to become darker and take longer to fade.

• **SCARS:** Healing is a gradual process and your scars may remain slightly pink for 6+ months.

• **POST OPERATIVE APPOINTMENTS:** It is very important that you follow the schedule of appointments we establish after your surgery.