

AFTER NECK LIPOSUCTION SURGERY

- When you are finished with your neck lift procedure you will notice a chinstrap dressing that may feel a bit tight because of the swelling. This dressing helps minimize swelling and promotes the skin to adhere securely to the underlying architecture.
- The chin dressing must be kept dry and in place for 24 hours following neck liposuction surgery if you go home with one on. You can then remove it to shower but keep it on otherwise for the first 7 days.
- Thereafter you can wear it in the evenings and when you sleep.

Wound care

- Notify your doctor if the dressings become loose or fall off. You will have taping over your stitches. Your stitches will be removed at your post op appointment. Typically 5-7 days after the procedure.

Medications

- Most patients complain of discomfort more than pain. Use pain medication as directed/as needed. Do not drive or drink alcohol while taking pain medication. Taking pain medication with food helps minimize nausea sometimes associated with pain medications.
- Start your antibiotic (Keflex) when you get home and one at bedtime. It is not uncommon to have a low-grade fever for 24 to 48 hours following neck liposuction surgery.

Diet

- Advance diet from liquids to soft food (oatmeal, French toast, yogurt, soup, and pasta) to your regular diet as tolerated. There are no dietary restrictions for neck liposuction patients postoperatively.

Activity

- Rest for entire day after neck liposuction surgery. Sleep with head of the bed elevated or use two to three pillows for one week after surgery. Absolutely no bending, lifting or straining. If you have little children, bend at the knees or sit on the floor and let them climb onto your lap. No driving while on pain medications or if you feel you can't turn your head fully.
- Always protect your face from the sun. At this point, a hat and sunglasses are a good idea. Following neck liposuction surgery, our staff will tell you when it is ok to apply sunscreen, cosmetics or facial creams. Avoid unprotected prolonged sun exposure for three months following neck liposuction to prevent pigmentation of incision lines.

Please Remember!

- Swelling, bruising and disrupted sleep are very normal postoperative symptoms for neck liposuction and will decrease as the healing process occurs. Assistance with daily activities the first two to three days after surgery is recommended.

Final Result

- Following neck liposuction, it takes time for the swelling to subside and for the skin to heal. Most patients return to work 3-7 days following neck liposuction procedure, however patients occasionally will remain out of work two weeks, depending on the degree of privacy one is trying to maintain. At two weeks postoperatively, swelling and bruising may be apparent to you but not to many of your coworkers and closest friends.
- Final results following neck liposuction are not apparent for one full year following surgery. After three months, the changes are ever so subtle, although still important. Being perfectionists about our work, you may tell us you are pleased long before the one-year anniversary. However, we request that you follow-up with us at that time for postoperative neck liposuction photographs and so that we can enjoy your final result.

Please call the office if you have any questions or concerns.

Office Telephone: 310-598-2648