

Care after Submental Lipectomy

This page contains answers to frequently asked questions regarding your care after Submental Lipectomy surgery. This information will assist you to remember the instructions given to you after surgery.

Appearance:

- Your incision will be horizontal under the chin.
- You may have bruising and swelling in the neck area and this is expected.
- You will have one drain place behind your ear and sutured in place. Drains are typically removed in 3-5 days.

Activity/Bathing/Sleeping:

- You should take it easy for several days after surgery and gradually increase your activity as you feel more comfortable.
- **You should NOT do any heavy lifting, greater than 5-10 lb, or strenuous exercise for 3 weeks.**
- You can drive if you have stopped taking prescription pain relievers and after the drain is removed.
- You should be able to return to your job in 1-2 weeks or when you are comfortable. If your job does not require heavy activity, you should be able to go back in 7 to 10 days.
- You can bathe normally, but be sure to keep the drain site dry.
- You may shower and wash your hair after your drain has been removed.
- You should sleep in a semi-reclined position for 1 week after surgery to minimize swelling.

Drain/Incision Care:

- You will have one drain coming out from behind the ear that will be sutured in place.
- Monitor your drain amounts daily and record on the sheet provided at your pre-operative appointment. Please bring the drain sheet to your post op appointments. The "How to care for your drain" pamphlet has more detailed information.
- Clean your incision with a Q-tip and warm water, then apply bacitracin to your incisions. Do this at least twice a day.
- After 1 week, please switch from bacitracin to Aquaphor or moisturizing lotion.
- Avoid sun exposure and wear sunscreen with an SPF of 50+ to your incision if it will be exposed to sun.

Diet:

- We recommend a diet consisting of high protein and easily digestible foods (i.e. toast, rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- **Do not drink alcohol for a couple weeks after your surgery or while taking narcotic pain medicines.**
- Limit your salt intake to help decrease swelling.
- Please refer to the “Medications and Foods to Avoid” List provided in your pre-surgical email sent.

Medications:

- We will prescribe an antibiotic, pain medication, a stool softener and nausea medication for you. Follow the directions on the bottles for their use.
- The pain medication may make you feel drowsy, so please have someone assist you at home, and do not attempt to drive while you are taking prescription pain medication.
- Most patients will find that Tylenol will take care of the discomfort 4-5 days after surgery.
- **You will be asked to monitor your blood pressure after your operation. It is recommended to have a blood pressure cuff at home. Take your blood pressure 3 times a day.**
- **Dr. Totonchi will advise when to treat your blood pressure. One clonidine tablet can be taken every 8 hours. Check your blood pressure 30 minutes after taking clonidine.**
- Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for 7-10 days after surgery.

Post-Operative Appointments:

- You will normally be seen in the office 1 day after surgery, then 3-5 days after surgery to monitor and remove the drain.
- Additional appointments will be 1 month and 6 months to monitor healing.

We are always available if you have any questions, please call 440-461-7999.

Post-Operative Concerns: Urgent problems after submental lipectomy surgery do not occur frequently. These are the complications that will require a change in your post-operative care:

- **Hematoma** (collection of blood under the skin) can occur within a few hours to a few days of your surgery. The warning signs are:
 - Severe pain
 - Significant swelling to an area on your face or neck
 - Excessive or growing bruising
- **Infection** is rare following facelift surgery. Signs of infection are:
 - Increased temperature
 - Increasing redness, swelling or drainage from incisions
- **Leg swelling** (with or without associated pain) may indicate a problem with the vein circulation in your leg(s). If you have a large amount of leg swelling (either in one or both legs), or if you experience pain in your legs, contact the office immediately.
- **Breathing problems** after facelift are rare but can be a serious complication. If you develop any chest pain or shortness of breath, you must contact the office or be seen in the nearest emergency facility without delay.
- **Medication reactions** may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and call the office.

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