

POST-OPERATIVE INSTRUCTIONS FOR NECK LIPOSUCTION PATIENTS

1. The incision is covered with a band aid. If the band aid falls off you may then reapply bacitracin ointment to the incision and then reapply another band aid. You will need to reapply a new band aid daily after your showers for the first 7 days.
2. It is common for the swelling and bruising to increase in the chin and neck region for 2-3 days following surgery. You may use cool compresses (such as a frozen bag of peas) wrapped in a small towel and apply over the neck region for about 10 minutes at a time every hour. Leave your compression garment on when applying the cool compresses. Please do not directly apply ice to the area. Your neck will be very numb and it is possible to get frostbite if you apply ice directly to your skin for prolonged periods of time.
3. 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 512-764-9076. This may indicate a collection of fluid under the skin and may need to be drained by Dr. Pearce.
4. Shower at least once a day, shampooing your hair. Prior to showering, remove the supportive garment. After showering, use a q-tip to apply bacitracin to the incisions and then cover them with band aids. Next, put the supportive garment back on. It is important that the garment is smooth against the skin and snug to minimize the potential for contour irregularities and/or fluid collection formations.
5. Keep your head elevated at all times for the first week of recovery. We recommend sleeping on 2-3 pillows at night.
6. Avoid turning your head from side to side. Turn with your whole upper body.
7. Please do not bend forward, strain or lift anything during the first week of recovery.

8. **DO NOT TAKE ASPIRIN or IBUPROFEN PRODUCTS AS THESE MAY INCREASE THE RISK OF BLEEDING.**
 9. Do not take narcotic medication on an empty stomach as this may make you feel nauseous.
 10. It is helpful to wean yourself off of the pain medication as soon as possible. Try taking Tylenol in place of the narcotic medication. Please be aware of the maximum recommended daily dose of acetaminophen (active ingredient in both Tylenol and narcotic pain medication).
 11. You are to wear your supportive neck garment at all times for 5 days after the procedure. After 5 days, you will wear the supportive garment at night for another 2 weeks.
 12. One week after surgery, Dr. Pearce will remove your sutures.
- If you have any further questions or concerns, please do not hesitate to contact our office at 512-764-9076.