



## UTAH FACIAL PLASTICS

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### PRE-OPERATIVE INSTRUCTIONS FOR SUBMENTAL LIPOSUCTION

#### 3-4 WEEKS BEFORE SURGERY:

- *Smoking.* Tobacco, cigarettes, and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. We advise discontinuing these products more than 4 weeks prior to surgery.

#### 2 WEEKS BEFORE SURGERY:

- **DIET/SUPPLEMENT RESTRICTIONS:** Avoid foods, drinks and herbal supplements that can increase risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. Use Tylenol in place of other over the counter pain medications.
- *Vitamin C.* Begin taking 1000 – 3000mg per day as tolerated 2 weeks. Vitamin C aids in wound healing.
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#### 1 WEEK BEFORE SURGERY:

- *Review Instructions with Caregiver.* Confirm who will be driving you to and from surgery and stay with you for at least 24 hours after surgery. Caregivers must be over 18 years of age.
- *Alcohol.* Do not drink alcohol 1 week before and after surgery. Alcohol consumption may raise the blood pressure and initiate bleeding.
- *False eyelashes.* Have any false lashes removed, including extensions or strip lashes.
- *Meal prep.* Stock your kitchen with soups, crackers, smoothies, and any soft foods. Eating food that requires much chewing may be difficult after a facial procedure

#### NIGHT BEFORE SURGERY:

- *Arrival time.* Our office will call the day before surgery with the arrival time. If you don't receive a call or for further questions, call the appropriate number below:
  - Utah Facial Plastics: (801)-776-2220
- *Shower.* The night or morning of surgery, take a shower and wash your hair. This will help reduce the risk of infection by eliminating bacteria. Arrive on the day of the procedure with a clean face.
- *Set Up Home Recovery Area.* This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery. Make sure commonly used items are moved to this area where they are easily accessible and within reach.

#### DAY OF SURGERY:

- Eat and drink as normal. Do **NOT** have any caffeine.
- *Dress Comfortably.* Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- Do **NOT** wear any makeup, moisturizers, jewelry, cosmetic creams, hair products, deodorant, sunscreen, remove all piercings and jewelry.



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- *Contact lenses.* Do not wear contact lenses. Remember to bring your glasses to sign the necessary paperwork.

### POST-OPERATIVE INSTRUCTIONS FOR SUBMENTAL LIPOSUCTION

#### 24 HOURS POST SURGERY:

- *Head Elevation.* Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Placing a pillow under your knees may help you from turning in your sleep. Head elevation helps to minimize swelling. Continue this for 1 – 2 weeks depending on swelling.

#### MEDICATIONS:

- *Pain Medication.* You will be prescribed a pain medication for post-operative pain control. If your discomfort after surgery is not strong you are welcomed to take Extra-strength Tylenol in place of the prescribed medication. Do not take the Tylenol with the pain medication, as most often the medication you are prescribed will have Tylenol in it. **Do not exceed 4,000 mg of Tylenol in a 24-hour period.** Take medication with food to minimize risk of nausea.
- *Constipation.* Pain medications may lead to constipation. Any over the counter stool softener such as Metamucil or Colace can be used. Start laxatives with the narcotic pain medications to prevent constipation from occurring.
- *Nausea.* Some pain medication may make you feel nausea. It is best to eat something small 20 minutes before taking pain medication. Keep hydrated with small sips of non-caffeinated beverages (ginger ale, Sprite, Gatorade).
- *Medication to Avoid.* Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Naproxen, etc.) for two weeks before and after surgery. These medications may increase bleeding.
- *Substances to Avoid.* Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

#### NUTRITION:

- *Diet.* Eat foods that are soft and require minimal chewing for one week. Do not eat salads, tough meats, or chew gum. Chewing can cause an increase in pain and swelling.

#### ACTIVITY:

- *Movement is Important.* Make sure you are up and walking around immediately after your surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Movement helps prevent blood clots and promotes healthy blood circulation. If you



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have small children, bend at the knees, or sit on the floor and let them climb onto your lap. Overexertion may lead to bleeding and prolonged swelling.

- *Driving.* Do NOT operate a vehicle or make important decisions until you have been off pain medications for 24 hours. Use good judgment.
- *Physical Activity.* Avoid bending, lifting, straining and aerobic activities for 2-3 weeks or until you've been cleared by your surgeon.
- *Return to work.* Returning to work depends on the amount of physical activity and public contact your job involves and the amount of swelling and discoloration you develop; the average patient may return to work or go out socially 1 week after surgery. There is some individual variation regarding the time one returns to work.
- *Exercise.* Exercise may not be resumed for 3 weeks post-op or as further instructed by your surgeon. When cleared, you must start easy and build back up to your previous exercise levels. Strenuous activity should be avoided for 6 weeks. Resuming exercise may worsen swelling.
- *Smoking.* Smoking should be strictly avoided as it interferes with the blood supply to the tissues and slows and hinders the healing process

### **BATHING:**

- *Showering.* Bathing or showering is permitted if you do not get your incisions wet for a minimum of 2 days after surgery. This is to protect your healing incisions from getting wet. Do not scrub directly on your incisions.
- *Hot Tubs/Swimming Pools.* No hot tubs or swimming in a pool until your incisions have healed, and approved by your surgeon, which is usually around 6 weeks.

### **HOW TO TAKE CARE OF YOUR INCISIONS:**

- *Cleaning your incisions.* Soak a Q-tip with a diluted solution of 50% hydrogen peroxide and water. Gently apply the Q-tip over your suture lines 2 times daily. Then use a clean Q-tip or gauze to gently pat dry the incision line. Finally, apply a generous amount of antibacterial ointment with a Q-tip to keep your incision sites moist. If your incisions are free of dried blood, you can skip cleaning and only apply a generous amount of antibacterial ointment (Bacitracin/Neosporin). Your sutures are dissolvable and will not need to be removed. Sutures that are kept lubricated with ointment will break down quicker and allow the incision lines to heal with minimal scarring.
- *ACE wrap.* Always keep the elastic ACE wrap in place after cleaning sutures and incision lines for the first 5 days after surgery. Days 5 – 12 after surgery the ACE wrap should be worn any time you sleep (naps and at night).
- *Crusting.* Occasionally crusting will occur around the sutures. Do not try to remove this yourself. This is normal and will resolve. Cleaning your incisions daily will minimize crusting.
- *Cold compress.* Following surgery, cold compresses may be used to minimize swelling and control bruising. Ice packs MUST be lightweight.
- *Sun Exposure.* Avoid sun exposure as much as possible. This will optimize scar healing and minimize swelling. During the first year after surgery, it is crucial to use an SPF of 30+, cover your incisions with your hair or a sun hat when outdoors. Even mild sunburn can cause permanent discoloration, worsen swelling, and irritate an incision that is healing.



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## WHAT TO EXPECT:

- *Swelling and Discoloration.* Swelling and bruising of the surrounding tissues can be expected. Swelling and bruising may worsen on the second and third day after surgery.
- *Bleeding.* Some mild bleeding is not unusual at the incision sites the first few days after surgery. If you try to do strenuous activity, sneezing, heavy lifting or bending forward, aggravated bleeding and swelling may occur.
- *Numbness.* It is common to have numbness under the chin area that may last 3 – 6 months. Tingling and other odd sensations around incision lines are all to be expected and normal.
- *Pain and Itching.* Occasional sharp shooting pains or itching is normal and will resolve in a few weeks.
- *Weak or Dizzy.* You may experience some weakness or dizziness. This may be more evident if you try to stand up too quickly. Take a minute to go from lying down to standing. The sensation of feeling lightheaded will get better in a few days. Make sure to drink plenty of fluids.
- *Final Result.* Expect to see your final results between 6-12 months as the healing process takes time.

## EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE OR GO TO THE HOSPITAL:

- *Signs of Infection.* Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain, and warmth at incision site. Temperature over 101 degrees Fahrenheit.
- *Medication Reactions.* If you develop hives, rashes or itching you may be having a medication allergic reaction.
- *Other Emergency Situations.* Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.

### Utah Facial Plastics – (801) 776-2220

Our office number connects to our 24-hour answering service after hours.

APPOINTMENT TYPE	DATE / TIME	LOCATION
Surgery <i>Time TBD day before</i>		
Follow up <i>3 – 4 weeks after</i>		



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