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**POST OPERATIVE INSTRUCTIONS FOR SUBMENTAL LIPECTOMY
(NECK FAT EXCISION)**

INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Return to work in approximately 2 weeks.
- Avoid strenuous exercise and activities for 3-4 weeks.

INCISION CARE

- You may shower after your first post-op appt.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on; replace if they come off.
- Keep incisions clean and inspect daily for signs of infection.
- Hair can generally be shampooed in 2-3 days.
- Hair bleach and/or a permanent can be applied after complete healing, usually 3-4 weeks.

- When using a hair dryer, never use a "hot" temperature setting, as you may not have feeling in the operated area.

WHAT TO EXPECT

- Minimal postoperative pain.
- Temporary numbness.
- Swelling, discoloration, and tightness of skin for 10-14 days.

FOLLOW-UP CARE

- Sutures if any are used are usually removed within 7 days.

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

For medical questions, please call:

- **909-798-9950**, Monday – Friday, 8 a.m. – 5 p.m.
- After hours and on weekends for emergency calls – Dr. Punjabi @ **909-213-6183**