

NADIA BLANCHET, MD.

(804)-320-8545

**DISCHARGE INSTRUCTIONS AFTER HAVING A SUBMENTAL LIPOSUCTION
WITH OR WITHOUT PPLICATION**

- You should expect to have swelling of your face and neck and some bruising, especially of your neck. Sitting up or lying on your back should help this as well as wearing your band as much as you can. If you hate the band and don't use it, the swelling will eventually leave, just more slowly.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- Please try to minimize your intake of narcotics, as they are nauseating, constipating and addictive.
- Please have over-the-counter laxatives at home in case they are needed.
- Please do not take any medication on an empty stomach.
- Please avoid aspirin substances or any of the medications listed on your pre-op sheet for two weeks after your surgery as this will increase your risk of bruising and poor healing.
- Please do not do any strenuous exercises that will increase the circulation to your head (e.g. aerobics) for two to three weeks, but you can do walking as soon as you feel up to it, and I encourage you to walk as soon as you are able. The best way for you to heal faster and feel better sooner is to walk every day. You can rest afterwards, but walking will keep you from losing muscle mass, prevent clots in your legs and bring your energy level back sooner.
- Please do not apply any creams or lotions to incisions except those instructed or cleared by Dr. Blanchet.
- The **Post-Neck Surgery Band** is placed on the day after surgery when the dressings have been removed and post-op care has been given to the surgical sites. The band reduces swelling of the lower face and should be worn as often as possible after surgery. Make sure the band goes under the chin completely. The Velcro closure should be at the upper rear portion of the top of your head. It's okay to wash and dry the band should it become soiled.
- **Smoking dramatically increases your risk of infection, poor healing and bad scarring. Please refrain from smoking for at least one month post-op or until you are completely healed.**

- Some patients experience a brief period of “let-down” or depression after cosmetic surgery. Some may subconsciously have expected to feel and look better “instantly,” even though they rationally understand that this will not be the case. Patients commonly question their decision to have surgery during the first few days after surgery. As the healing occurs, these thoughts usually disappear quickly. If you feel depressed, understanding that this is a “natural” phase of the healing process may help you to cope with this emotional state.

PLEASE FEEL FREE TO EMAIL DR. BLANCHET IF YOU HAVE ANY QUESTIONS OR CONCERNS. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICE (804) 320-8545. IN A TRUE EMERGENCY, PLEASE CALL 911.

PATIENT SIGNATURE

DATE

CAREGIVER SIGNATURE

DATE

01/2022