

DISCHARGE INSTRUCTIONS AFTER HAVING A SUBMENTAL LIPOSUCTION WITH OR WITHOUT PLICATION

- You should expect to have swelling 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.
- 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.
- 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, IBUPROFEN**, 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 go walking as soon as you feel up to it, and I encourage you to walk as soon as you are able.
- Please do not apply any creams or lotions to incisions except those instructed or cleared by Dr. Blanchet.
- **Smokers heal poorly in terms of infection and wound breakdown, and you are advised not to smoke, vape, or use nicotine replacements for 6 weeks prior to and after your surgery. Nicotine screening may be necessary the day of surgery. IF THE TEST IS POSITIVE, YOUR SURGERY WILL BE CANCELED.**

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'S SIGNATURE

DATE

CAREGIVER'S SIGNATURE

DATE

