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### **Submental and Mandibular Liposuction**

*In addition to the general post operative instruction you have been given, please follow these specific instructions for your procedure.*

- 1. Activity:** Avoid excessive talking and or laughing. Do not lean on your face or chin.
- 2. Bathing:** You may begin bathing 4-5 days after surgery. Special care should be taken to keep your dressings dry while showering and washing your hair. If your dressing gets wet, remove it and replace it with a dry dressing. For the first two weeks please bath with lukewarm water only.
- 3. Medication:** Medication prescribed by our office for infection, swelling and bruising are to be taken until all the pills are finished. *Medication for pain is only taken as needed.* Any pain that is not relieved by this medication should be brought to the attention of our office.
- 4. Eating:** Avoid excessive chewing for the first 3-5 days. Soft food is recommended during this time.
- 5. Facial Garment:** ***During the first 4-7 days you must wear your facial garment 24 hours a day.*** After the first 4 days, the facial garment can be worn from 8-12 hours day for the next 3 weeks or as directed by your doctor.
- 6. Sutures:** In 5-7 days your external sutures will be removed.
- 7. Healing Process:** During the natural post operative healing process you may experience tightness, swelling and/or numbness, (possibly on one side more than another) ***If you experience any excessive swelling or bruising please contact the office immediately.*** You may also experience firmness, bumps and/or firm cords starting to form about two weeks after surgery. The area will soften. *This is a normal part of the healing process.*