

Submentoplasty POST-OP INSTRUCTIONS

- Wear facial garment with foam pad 24 hours a day, 7 days a week.
- Sleep on 3 pillows for a week to decrease swelling.
- Remove your facial garment on day 2 for a shower and begin cleaning, as below:
- Remove Band-Aid, clean incision with soap and water, apply Vaseline ointment then reapply new Band-Aid. Replace white foam and facial garment.
- No heavy lifting or excessive exercise for 1 week
- Facial garment may be hand washed only and air dry (**No dryer use!**)

EXPECTATIONS

- The facial garment will feel tight.
- Expect some bruising and swelling around chin and neck.
- Expect some temporary numbness of the skin.
- Temporary unevenness of skin is common.

MEDICATIONS

- ❑ Keflex 500mg (Cephalexin) 1 tablet twice a day for 1 week....antibiotic
- ❑ Lortab 7.5mg (Hydrocodone) 1 tablet every 6 hours as needed....pain.
- ❑ Celebrex 200mg take once a day as directed... .inflammation
- ❑ Ativan 1mg (Lorazepam) as needed....1 tablet every 8 hours. . . anxiety and sleep
- ❑ Arnica 30X take as directed (begin day before surgery)....inflammation and bruising

FOLLOW-UP VISITS

- You will be seen you in the office in one week for suture removal. Please call Dr. Gross at (321) 356-4396, if you have questions or concerns. If you have a true emergency call 911.

I have received a copy of the above instructions and agree to follow them

X _____ Date _____