



NECK LIPOSUCTION 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.
- Remove Band-Aid under chin, clean incision with Sterile Saline with Q-tip and then apply Gentamicin ointment and reapply new Band-Aid. Replace white foam and facial garment.
- No driving for 3 days and 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. Time, massage and ultrasound helps this.
- 3 Ultrasound Therapy sessions will be provided 2 weeks following your procedure to improve final results and reduce swelling.

MEDICATIONS

- ❑ Doxycycline 100mg 1 tablet twice a day for 3 days/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) 1 tablet every 8 hours as needed/anxiety and sleep
- ❑ Arnica dissolve under tongue (begin day before surgery)/inflammation and bruising
- ❑ Scopolamine Patch- transdermal (bring to surgery)/helps prevent post op nausea
- ❑ Phenergan 25mg – 1 tab with hydrocodone every 6 hrs as needed for/nausea

Follow up Appointment: _____

Primera call or Text 407.333.3040, if you have questions or concerns. If you have an emergency, call 911.

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

X _____ *Date:* _____ *Time:* _____