



SUBMENTOPLASTY POST-OP INSTRUCTIONS

- Sleep elevated on 3-4 pillows or recliner chair for 1 week to decrease swelling.
- Remove your facial garment on day 2 if **no** drain is in place, shower and begin cleaning as stated below. If drains: empty them every 6 hrs or if half full into cup and flush.
- Remove Band-Aid under chin, clean incision with Sterile Saline or distilled water with Q-tips, apply Gentamicin ointment then reapply new Band-Aid. Replace facial garment, wearing 20 of 24hrs for the rest of the week.
- No heavy lifting or excessive exercise for 2 weeks minimum.
- 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, may feel tight.
- Expect some temporary numbness of the skin.
- Temporary unevenness of skin is not uncommon. 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: _____

Primer 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:* _____