



David P. Mueller, D.D.S., F.A.B.O.M.S.
FACIAL COSMETIC SURGERY & ORAL MAXILLOFACIAL SURGERY

Diplomat, American Board of Oral & Maxillofacial Surgery & American Academy of Cosmetic Surgery

Post-Operative Instructions for Liposuction of the Face and Neck

- You may have a gauze dressing under your chin and have a chin/face wrap in place. The chin/face wrap should be snug but not too tight. You may change the gauze pad as necessary. The chin/face wrap should always be worn for the first three days.
- After three days, the wrap should be worn at night-time for an additional week.
- You may temporarily remove the wrap to shower after the first day.
- Sleep with your head elevated on at least two pillows for the first week, minimize salt intake and drink at least 8 glasses of fluid per day to help decrease the swelling.
- Apply Anti-Bacterial Ointment to the sutures four (4) times per day.
- Do not take aspirin or any products containing aspirin for two weeks after surgery.
- Make-up can be worn (**EXCEPT OVER THE INCISIONS**) in 5-7 days.

You will experience bruising and swelling along the neck and upper chest, which will begin to decrease around the third or fourth day.

- Ice packs along the neck area will help minimize this and should assist in comfort. Use a plastic bag with finely crushed ice or frozen baby peas, covered in a towel and use the ice on for twenty minutes and off for twenty minutes.

Severe pain or swelling, particularly if much greater on one side, could be a sign of a problem, call us if this occurs at 757.496.8066.