

CHELSEA OBOURN MD  
**LAKESIDE**  
COSMETIC CENTER

**SUBMENTAL LIPOSUCTION POST OPERATIVE INSTRUCTIONS**

1. You should sleep with your head elevated for the first 14 days. Your head should be higher than the level of your heart in order to help facilitate the resolution of swelling.
2. It is normal to have some swelling, bruising, and numbness after surgery. Apply cold compresses frequently the first 72 hours after surgery to help reduce swelling, 20 minutes on then 20 minutes off while awake.
3. Starting 3 days after surgery, after the dressing comes off, you should clean the incision lines twice a day. You can take a shower and clean the incision lines with a gentle shampoo or use a solution of ½ hydrogen peroxide and ½ distilled water. Apply Bacitracin ointment to the incision lines after cleaning.
4. You may be up and around the day after surgery. Some natural fatigue may persist for 2-3 days due to normal effects of anesthesia and surgery. You may return to moderately strenuous activities approximately 2 weeks after surgery.
5. You may resume a normal diet the day following surgery. Talking, smiling, and chewing are perfectly acceptable. You may feel a “tight” sensation, this is normal. Soft foods may also be more comfortable during the first few post-operative days.
6. Exposure of the incision lines to the sun in the first 3 weeks after surgery may result in prolonged facial swelling and poor wound healing.
7. Any unexplained development of pain, facial swelling or fever should be reported immediately.
8. It is not uncommon for swelling and bruising to shift during the week post operatively – often settling in the lower neck and collarbone area. This is temporary and will resolve over time.
9. Take antibiotics as prescribed. We recommend taking the antibiotic with food as well as probiotics.
10. Do not drive if taking any narcotic medications for pain. Take the pain medication as prescribed for the first 24 hours. You may also take regular Tylenol (but do not take with the narcotic pain medication as there is likely Tylenol in the pain medication). You may begin taking Advil, Motrin, or Ibuprofen 24 hours after surgery.

**DON'T TAKE ANY CHANCES-** If you are concerned about anything you consider significant, please call our office at **(585)905-3414**.