

## Neck Liposuction Surgery Instructions

YOU WILL NEED TO PURCHASE: Q-TIPS, HYDROGEN PEROXIDE, ANTIBIOTIC OINTMENT (BACITRACIN OR POLYSPORIN)

### Activities:

- Leave bandages in place until your return visit to our office unless otherwise instructed.
- Wear the elastic bandage 24 hours a day for the first week. Then as often as possible during the day and at night for the second week. This will help maximize the contour of the neck.
- Keep head elevated on two (2) pillows for the next week.
- Apply ice packs or frozen peas in a plastic bag 20 minute on/ 20 minutes off for the first few days.
- Using a Q-Tip, clean incision site with hydrogen peroxide, followed by antibiotic ointment twice a day. Sutures will be removed in-office at your 1 week follow-up
- (Men) You may shave facial hair the day following your procedure but avoid skin around your incision.
- Resume routine activity in 7-10 days following your surgery.

### Diet

- Eat soft diet for the first 3 days following surgery. Avoid opening your mouth widely. Afterwards, you may advance to normal diet.
- Drink plenty of clear fluids during your recovery.

### Medication

- Take pain medication every 4 to 6 hours as needed. If you do not wish to take the prescription pain medication, you may take Extra Strength Tylenol. (Max dose of Tylenol is 4000 mg in 24 hours)
- Avoid NSAIDs (e.g. Motrin/Advil/Aleve/Ibuprofen) for the first week as this may increase bruising

### Other Information

- Your neck may be slightly swollen and bruised for a couple weeks following your surgery. Do not let this alarm you as this condition will improve with time.
- Avoid sudden movement of your head to either side.
- You can expect swelling, bruising, and tightness of the bandage, however, if there is excessive bruising and pain (especially on one side), sudden swelling, high fevers (>101.5) call the office immediately. The office number is 410-825-5503.

If you have any questions, feel free to call the office, day or night (there is an on-call physician outside of our office hours) if you have any questions.

You may also contact Dr. Hahn via email: [samhahn@mdfacialplasticsurgery.com](mailto:samhahn@mdfacialplasticsurgery.com)