



NECK LIPOSUCTION POST-OPERATIVE GUIDELINES

Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Take any antibiotics as instructed. It helps to eat cultured yogurt or over the counter Acidophilus tablets while on antibiotics to minimize intestinal side effects.
- Dr. Khosh may instruct you to take the herbal supplement Arnica-Montana. This is intended to minimize bruising.
- You may be prescribed steroid tablets to minimize post op swelling. If so, take them as instructed on the packet. Note that steroids can make you feel anxious; this is a common side effect.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 2 weeks.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Return to work in approximately 2 weeks.
- Avoid strenuous exercise and activities for 3-4 weeks.

Incisions Care

- You may shower 24 hours after removal of the dressing.
- Avoid exposing scars to sun for at least 6 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on; replace if they come off.
- Keep incisions clean and inspect daily for signs of infection.
- If there are exposed sutures, apply an over the counter ointment such as Bacitracin three times a day.

What To Expect

- Minimal postoperative pain.
- Temporary numbness.
- Swelling, discoloration, and tightness of skin for 10-14 days.

Follow-Up Care

- Sutures are usually removed within 7 days

When To Call

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.
- **If you have any questions or concerns you may contact Dr. Khosh at 212-339-9988.**