



Chin Liposuction Post-Op Instructions

What to expect:

- You will see your physician approximately Five to seven days following your surgery.
- You may have a foam dressing under your chin/face wrap in place. The chin/face wrap should be snug, but not too tight. The wrap should be worn continuously for 24-72 hours. Then at night for 12 hours for 7-10 days. You may temporarily remove wrap to shower after the first day. This wrap will compress your skin, help minimize bruising, and control damage.
- You will experience discomfort after liposuction; however, it should be relieved by pain medication. It is common to experience a small amount of bloody drainage from incision sites the first few days.
- You should be ready to return to work when you no longer need to take narcotic pain medication- generally a couple of days.
- You will experience bruising swelling along the neck and upper chest. You might find that due to the swelling, sites appear larger than before. **Don't panic.** Swelling normally begins to decrease around the third or fourth day, with continued improvement for several weeks.
- You may become constipated due to the pain medication and can begin stool softener (i.e., Colace) after the surgery. In addition, you may want to add a fiber supplement (Metamucil, Citrucel, etc.) with your diet to decrease straining. If you have gone several days without a bowel movement and are feeling uncomfortable, you may want to consider using glycerin suppository or fleet's enema (available at drug store).
- Do Not lie down after for at least 4 hours after surgery.
- Sleep flat on your back with chin extended for the first week after surgery.
- Make sure garment is tight and regularly check for formation of creases in garments.

Phone Dr. Hennessey at 832-231-8742 if you experience any of the following:

- If you develop a severe shortness of breath or chest pain call 911- then notify your physician.
- You run a fever, or have chills
- If you have markedly increased pain, bruising, swelling, or bloody drainage.
- If you have persistent nausea or vomiting.
- If you are uncertain about a medication or treatment.
- If you are experiencing any adverse symptoms or changes that you do not understand.