

## Neck Liposuction

Clinic Phone Number: (801)449-9990

### 1. Post-operative care:

**A caregiver over the age of 18 MUST be with you for 24 hours following surgery.**

**Before and Immediately after your surgery-** Go to [www.MobleyMD.com/care](http://www.MobleyMD.com/care). There is a post-op care video(s) for you to watch. There is not much to do for the first 48 hours but it's good to watch the video to familiarize yourself. Normally, we remove the dressing 2-3 days after surgery. Out of town patients may make special arrangements.

### 2. How you should expect to feel after surgery:

- Procedures can make you feel groggy for up to 48 hours after surgery. This can cause nausea and sometimes vomiting. Keep yourself hydrated with water, 7-up, Gatorade, or other sports drinks. Eat a bland diet (saltine crackers and broth for starters).
- After surgery you will have some pain and discomfort, which is to be expected and should be controlled with pain medications (Tylenol or prescription pain medications only)
- **Escalating, severe pain is not typical and should be addressed.**
- You will most often have a pressure dressing that will cover your head and neck. This will be removed at the post-operative appointment. If you feel claustrophobic from the dressing, please contact Dr. Mobley's staff and we will be able to help with this. There is an excellent video demonstrating the "neck milking" on [MobleyMD.com/care](http://MobleyMD.com/care). Make sure to watch and follow these instructions.
- You may have a small plastic drain that will be coming out of the dressing as well. There is a good video on [MobleyMD.com/care](http://MobleyMD.com/care) to show you how to care for your drainage tube. The drains will need to be "stripped" and the

neck “milked” every waking hour. These drains will be removed at the 2-3 day post-operative appointment.

- You will have swelling, which is common after facial surgery. You are able to use ice for 20 minutes on and 20 minutes off. Swelling usually peaks at day 3, and slowly subsides after that. It is common for some minor swelling to last 2-5 weeks after surgery. Each patient is different in their healing process.
- **Using a travel pillow placed around the front of the neck to support the head and to avoid the neck from slouching down while resting is recommended.**
- When resting, elevate your head above your heart to help decrease swelling for the first 3 days after surgery. An extra pillow or two is usually all that is needed. Sleeping sitting up is not necessary.

### 3. Bandage/Wound care:

- When you come in for your post-operative appointment, the pressure dressing will be removed and replaced with a removable elastic band. Dr. Mobley or his staff will explain wound care at that time. The elastic band should be kept on for the first week 24 hours per day after surgery, only to be removed for a brief period of time when showering.
- You are able to wash your hair once Dr. Mobley or his staff removes the original dressing. You will have a small amount of dried blood in your hair so do not be alarmed. *Blood is a strong pigment; therefore, a small amount of blood may make the basin of the shower look quite bloody.*
- Make sure you are cleaning the incision with hydrogen peroxide and apply bacitracin ointment.
- Approximately 1 week after surgery the sutures will be removed unless dissolvable sutures were placed.
- Starting the second week following surgery the elastic band can be worn only at night for the next 30 days.

### 4. Pain Management:

- Dr. Mobley will prescribe you a narcotic pain medication to help control your pain after surgery. They will explain in detail how and when to use them. **If you have any allergies or issues (nausea, itching, or sensitivities) with a certain pain**

medication, please let them know in advance, so they are able to give you the right pain medication.

- **Tylenol is the ONLY over-the-counter pain medication you are able to take after surgery for seven days. No aspirin, Alleve, or Ibuprofen. They can all cause bleeding.**
- Common side effects of narcotics include:
  - Constipation: Take a stool softener (Mira Lax), increase fluids, walk more.
  - Nausea: Decrease narcotics, use a suppository, and take medication with food.
  - Loss of appetite: This will improve over time and once you stop taking the narcotic.
  - Sleepiness: This will improve once you stop taking the narcotics.
  - You should **NEVER** drive or consume alcohol while taking narcotic pain medication.

5. **Activity/Exercise:**

- Following your surgery, NO strenuous activity or exercise should be performed for the first week.
- **Light mobility is encouraged and is vital to your recovery. Take short, frequent walks around your house to decrease the chances of complications, decrease the possibility of developing a blood clot, and maintain good circulation.**
- **Do not lie in bed for extended periods of time.**
- One week following surgery, you can begin to increase your activity by 15% each day. By the 14<sup>th</sup> day following surgery, you should be back to your normal activities.

6. **Return to work:**

- In most cases you will be able to return to work within 7-10 days after your surgery. Each patient is different in their healing process so this can be discussed at one of your post-op appointments. A return to work form can be given to you at that time.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_