



At-Home Instructions

Submental Liposuction

The following instructions will help you know what to expect in the days following your surgery. Do not, however, hesitate to call our office at 216-292-6800 if you have any questions or concerns.

General Instructions

- Sleep on your back with your head and shoulders elevated, as well as pillows under your legs. You may resume your normal sleeping position after 4 weeks.
- Keep your head higher than your waist for the first 5 days.
- The day after surgery you may shower. Begin wearing the ski band (chin strap) or Ace wrap around your chin/neck area 24 hours a day, for 5 days, except when in the shower. This helps reduce swelling and helps the skin to tighten. After the first 5 days, wear it at night for the next month. The more you wear it, the faster swelling will resolve.
- The doctor will advise you on resuming makeup.
- Use sun block when outdoors. Avoid exposure to the sun for approximately 3 months or until the sensation returns.
- Avoid vigorous exercise and activities for the first 2 weeks.

Diet

- Resume normal diet as tolerated.

Special Instructions

Follow these instructions for **3-4 BEFORE your surgery** and for another **2 weeks AFTER surgery**.

- There is absolutely NO driving while on pain medication or Valium® (see medicine list given to you with your pre-operative paperwork).

Do NOT take the following products:

- Aspirin/low-dose aspirin
- Ibuprofen (Advil®, Motrin®)
- Naprosyn or Naproxen (Aleve®)
- Vitamin E (even small amounts in mutli-vitamins)
- Herbals, homeopathic medicines, or green tea
- Protein Supplements (shakes, energy drinks)
- Growth hormone
- Diet pills (Meridia®, Metabolife®, etc).

Tylenol containing product (acetaminophen) are safe to take. If you are unsure about what products to take or avoid, call the office at 216-292-6800.

Pain Control/Medications

- You will receive a prescription for pain medication that can be taken as directed, if needed for pain control.
- The pain medication may cause constipation and does impair your ability to drive or make important decisions (have over the counter Colace or laxative on hand).

Wound Care

- You may have some swelling, rippling, or bruising over the neck area. This is normal and will gradually disappear over 2-3 weeks. Swelling will be persistent for several months, so be patient.
- Decreased sensation over this area will return over 6 months, and sometimes up to a year.
- At you follow-up visit, you will be instructed on how to appropriately massage the skin in order to smooth it.

Follow-up with your post-operative visit scheduled 1 week after your procedure. At this time, we will remove some of your stitches and give you further post-op instructions.

Call the office at the first sign of:

- Excessive pain associated with pressure.
- Excessive bleeding at the incision.
- Redness, drainage, or odor from the incisions.
- Fever or chills.
- Shortness of breath.
- Any reaction from prescribed medication (Example: nausea with vomiting, hives or with swelling).

Do not hesitate to call if you have questions or concerns!

The office of Mark A. Foglietti, D.O., FACOS and Alanna F. Fostyk, D.O.
216-292-6800

Please call with any questions.