

**NECK LIPOSUCTION**  
+  
**RADIOFREQUENCY SKIN TIGHTENING**  
**FACETITE**

**POST-OPERATIVE PATIENT INSTRUCTIONS**

**General Instructions**

- After surgery, please have someone stay with you for the first 24 – 48 hours.
- You may not drive yourself home from the procedure. Do not drive or operate heavy machinery while taking any narcotic pain medication or while uncomfortable.
- Drink water to stay hydrated. Eat a softer diet for the first week.
- Sleep with your head elevated to help with swelling. Sleep with several pillows or a wedge pillow. Try to avoid bending the neck forward as much as able during the first 1-2 weeks.
- Consider wearing clothing that buttons at the front or zips for comfort.
- On the evening of your procedure, you should walk at least 3-4 times around the home for blood clot prevention, general well-being, and to expedite the resolution of swelling. Beginning on post-operative day 1, gentle walking at least 8-10 times a day is required.
- Do not lift anything over 5 lbs for 2 weeks. Avoid bending over for 2 weeks.
- You may resume light jogging at 4 weeks. You may resume higher intensity exercise at 6 weeks.

**Medication Instructions**

- Your prescriptions have been sent to the pharmacy. ***Please pick them up prior to the procedure day and bring them with you. Do not take any of these medications prior to arrival.*** These include:

**-Antibiotics (Cefadroxil, Keflex, Clindamycin, etc.):** You will take the first dose on arrival to our office. You will continue this medication for 5-7 days as indicated on the prescription.

**-Benzodiazepine (Lorazepam, Ativan, Diazepam, Valium, etc.):** This is a mild sedative to help with comfort during the procedure. You will take the first dose on arrival to our office. Caution should be taken with this medication. Do not take this with alcohol, pain medication, or while driving.

**-Oxycodone:** This is an opioid pain medication. You may take this for more severe pain. Tylenol should be used primarily for post-operative pain. Many patients do not require any oxycodone at all. Caution should be taken with this medication. Do not take this with alcohol, sedatives, or while driving. It also has addictive potential, so it should be weaned in the first 2-3 days after surgery.

**-Colace:** This is a stool softener. You may develop constipation after the procedure and we would like you to avoid straining with bowel movements. You should start this on the evening of the procedure and continue until you are having regular bowel movements.

**-Over the counter Tylenol:** This is your primary pain relief medication. You may take it scheduled, every 6 hours, for the first 2-3 days. Follow the instructions on the bottle for specific dosing. No more than 3 grams of Tylenol should be taken in a 24-hour period.

- Please check the label on your bottle to remain aware of dosages.

### **Wound Care and Dressings**

- You may remove all your dressings and shower in lukewarm water 72 hours after surgery. Steri-strips should be left in place (they can get wet). Gently pat dry. Then, immediately replace your compressive dressing.
- The compressive dressing should be worn 24 hours a day until your first post-operative visit (week 1). After that visit, you will continue wearing the compressive garment as much as able for another week (week 2). If you work from home, wear it as much as able. If you are outside of the home, wear the garment upon return to the home. It should be worn at nighttime for 6 weeks total (week 3-6).
- Do not use any medical skin treatments that are not approved by your surgeon. Do not use retinol, vitamin C, or other topical medications on your skin for 5-7 days following your treatment.
- You may use soft, cool compresses for comfort. Do not apply ice or frozen products directly to skin as this may cause skin injury. Apply for 20 minutes on and then 20 minutes off. You may do this for several days.

### **Diet**

- Eat a well-balanced diet in the weeks following surgery. More bland diets may be beneficial in preventing any post-procedural nausea or constipation. Be sure to drink at least 6 glasses of water daily.

### **Call the office if...**

- If you are unable to keep fluids or medications down due to vomiting.
- If you have chills, fever greater than 101.5 (F) or 38 (C), redness, bleeding, chest pain, shortness of breath, or anything else that is troubling you. You may call the office for the on-call physician with any questions, at any hour.

### **Follow up**

- Your first clinic follow-up after surgery will be within 1-2 weeks after surgery. If you do not have an appointment scheduled, please call the clinic to schedule an appointment.
- The Plastic Surgery Clinic phone number is: 617-632-7827

### **Recommended items to consider obtaining before your procedure day...**

- Tylenol
- Pick up your prescriptions. Bring them with you to the office on the day of the procedure.
- Miralax or other bowel regimen to have on hand if you develop constipation
- Sterile gauze. We can also provide you with this on your procedure day.
- Well balanced diet including vegetables and protein for the healing period
- Button-up or zip-front tops to be worn in the post-operative period
- Pillows or a wedge to keep the head elevated while sleeping
- Masks that tie behind the head, rather than the masks with elastic straps that go behind the ears. We can also provide you with this on your procedure day.
- Baby shampoo for gentle hair washing in the post-operative period