



## HOBGOOD FACIAL PLASTIC SURGERY

8415 N Pima Rd Ste 120  
Scottsdale, AZ 85258  
P: 480-214-9955  
F: 480-214-9956



# Submental Liposuction Surgery Instructions

**YOU WILL NEED TO PURCHASE:** Q-TIPS, HYDROGEN PEROXIDE, ANTIBIOTIC OINTMENT (BACITRACIN/POLYSPORIN), FROZEN PEAS, PRESCRIPTIONS.

## Evening Before Surgery

1. **NOTHING TO EAT, DRINK (including water), OR SMOKE AT LEAST EIGHT (8) HOURS PRIOR TO SURGERY.**
2. Take medications as prescribed/directed if applicable.

## Morning of Surgery

1. Wash your face thoroughly before procedure. **DO NOT apply makeup.**

## After Surgery

1. Remain quiet. Keep head elevated on two (2) pillows for the next three (3) days to minimize swelling.
2. Apply ice packs or frozen peas in a plastic bag with a thin washcloth between the plastic and your skin.
3. It is normal to be drowsy, but try to eat a light, soft meal the evening following the procedure.
4. Leave bandages in place until your return visit to our office unless otherwise instructed.
5. Take pain medication every four to six (4-6) hours as directed, if needed. If you have no pain, do not take the prescription pain medication. If you have minimal pain, you may take Extra Strength Tylenol.
6. Using a Q-Tip, clean incision site with hydrogen peroxide, followed by antibiotic ointment three (3) times daily. Sutures will be removed in-office three to five (3-5) days post-operatively.
7. You can expect swelling, bruising, and tightness of the bandage, however, if there is excessive bruising and pain (especially on one side), call the office immediately.
8. You may shave facial hair the day following your procedure but **avoid skin around your incision.**

## Other Information

1. Your neck may be swollen and discolored for two to three (2-3) weeks following your surgery. Do not let this alarm you as this condition will improve with time.
2. Avoid sudden movement of your head to either side.
3. Try to sleep on your back for one to two (1-2) weeks after surgery with your head elevated on two (2) pillows.
4. Eat a relatively soft diet for the first three (3) days following your surgery.
5. Resume routine activity in ten to fourteen (10-14) days following your surgery.

Please don't hesitate to call the office, day or night (there is an on-call physician outside of our office hours) at 480-214-9955 for any active bleeding, persistent vomiting, or a persisting fever that does not come down with the proper use of post-operative prescription medications or Tylenol.