

SIEGEL

FACIAL PLASTIC SURGERY

After Neck Lift / Liposuction / Recontour

- What can I expect after surgery?
- Call the Office promptly if you notice any of the following
- How do I care for myself after surgery?
- Recovery timetable

What can I expect after surgery?

There may be mild discomfort associated with the surgery. This should be easily controlled with oral medications. Tylenol with codeine (or equivalent if allergy to codeine exists) is generally always sufficient for pain control.

The discomfort and pain should begin to decrease significantly after the head wrap is removed the day after surgery. A significant increase in pain after this period should prompt you to call the office. Severe pain is rare; if you experience this, please contact us immediately.

Bruising and swelling while part of every surgery should be minimal. You should sleep with your head elevated, with three pillows minimum, for the first week after surgery.

The area under your neck will feel numb, this is normal, temporary and part of the recovery process.

Call the office promptly if you notice any of the following:

- the operative site becomes very red, has purulent (containing pus) drainage, is very warm, or is more tender to touch.
- development of a temperature elevation exceeding 101.0 degrees.
- a significant increase in pain after the first 48 hours following surgery.

If any of the above should occur after regular office hours, do not hesitate to reach Dr. Siegel directly on his cell phone at 832-265-1935.

How do I care for myself after surgery?

Make arrangements to have someone drive you to, and from, your surgery.

Having someone stay with you on at least the first night after your surgery is highly recommended.

Be sure to fill your prescriptions before your surgery.

Arrive for your surgery in loose, comfortable clothing. Your top should button or zip rather than pull over your head.

If there is a dressing or bandage, be sure to keep it clean and dry until your first post-operative visit to the office. Do not remove the dressing until we see you in the office unless instructed to do so ahead of time by your surgeon.

Take the antibiotics and pain medication only as prescribed by the office.

Do not take any aspirin or any anti-inflammatory compounds for 2 weeks before and after your surgery unless you first discuss it with your surgeon.

Discontinue all tobacco products, including nicotine patches at least 2 weeks before and after surgery. Any form of nicotine inhibits your circulation and can significantly compromise your surgical outcome.

If bleeding occurs, apply firm pressure to the site for at least 10 minutes. Do not remove or lift the dressing during this time. Call our office if the bleeding persists.

The dressings and sutures will be removed approximately 1 week after surgery. Some sutures may be left to dissolve on their own.

You should do no vigorous exercise and should avoid any significant physical exertion for a minimum of 2 weeks after your surgery.

You should not participate in any contact sports until approved by your surgeon. Generally, you should avoid such activity for a minimum of 4 weeks after your surgery.

Sleep with the head elevated for at least the first 48 hours.

Recovery timetable

Approximate recovery after chin implant is as follows:

DAY 0 Return home.

DAY 1-2 If a dressing is present, it will be removed the day after your surgery. Some swelling, and numbness may be present and is temporary.

DAY 6-8 Stitches removed or dissolving.

DAY 8 AND AFTER Swelling continues to improve, neck contour becomes more pronounced. Numbness continues to improve as the swelling resolves.

6 MONTHS There is residual swelling that may be there until or after 1 year, but major improvements are present.

REMEMBER: If you have any concerns or questions, don't hesitate to get in touch with our office any time. Our office should be a source of information and reassurance throughout this entire experience, from the time of your first consultation to after your surgery.