



DAINES PLASTIC SURGERY SUBMENTOPLASTY

POST-OP INSTRUCTIONS:

- Please do not take **aspirin, naproxen, ibuprofen, vitamin E, flaxseed oil, fish oil, or ANY herbal supplements** for 2 weeks prior and 1 week after surgery.
- Take a shower the morning of your surgery. Do not wear any makeup or product in your hair. Wear a button-down top and comfortable pants.
- You will need a driver after surgery and someone to stay the night with you.

IMMEDIATELY AFTER SURGERY:

- You will go home with a soft, snug dressing around your head and neck. Keep this dry and in place.
- Expect to experience mild swelling, bruising, and tightness.
- Once the bandage is removed, use an ice pack for the next 48 hours (20 minutes every hour while awake). Cold packs, crushed ice, or frozen peas in a Ziplock bag all work well. • Start with a soft diet when you get home and proceed to a regular diet as tightness improves. Stay hydrated.
- Get plenty of rest. Sleep with your head elevated for at least the first 72 hours. Two to three pillows are usually sufficient, or a recliner also works well.
- Minimize household activities. Avoid straining or bending down.
- Take prescription pain medication and antibiotics as ordered. You may transition to Tylenol.
- Do not smoke. Avoid drinking alcohol for one week after surgery.
- Call our office immediately if you develop excessive swelling, particularly if accompanied by extreme bruising and pain.
- Your dressings will be removed and replaced with a lighter dressing at your first post-op visit. You may wish to come to the visit wearing a scarf or hood to cover the dressings.

AFTER DRESSINGS ARE REMOVED:

- Gently clean incisions twice daily with diluted hydrogen peroxide-soaked Q-tips by rolling over incisions, then apply Vaseline healing ointment.
- You may shower and gently wash your face.
- You may wash your hair after 2 days.
- Swelling will peak at 48-72 hours after surgery and then will begin to subside. • Sutures will be removed in one week.

AFTER SUTURES ARE REMOVED:

- You may begin to use moisturizer on your face.
- Bruising and obvious swelling may last 1-2 weeks.
- Expect to have mild tightness, firmness, and itching along the incision for the next 3-4 weeks of healing. You will experience periods of pulling and tightening as the swelling decreases and healing begins. Areas of numbness are also normal; sensation will return with time.
- You may resume light exercise after 2 weeks and strenuous activity after 6 weeks.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, DO NOT HESITATE TO CONTACT US AT THE
OFFICE (949) 209-1622**