

Post-Operative Instructions

Neck Liposuction

Following your surgery, it is important that you follow Dr. Shaddix's post-operative instructions. If you have any questions regarding these instructions or any other aspect of your care, please call our office at (850) 476-7100.

General

- You will need to arrange for someone to drive you home after surgery and to help you care for yourself for the first 24 hours after your procedure.
- It is important to relax after surgery. You will have less energy than usual for the day or two and should not try to go back to your normal activities right away. Your body needs rest to heal.
- Depending on your job, you should be able to return to work within a couple of days.
- If you take regular medications, ask Dr. Shaddix when it is safe to resume taking them.

Medications

- For the first ten days after surgery, do not take aspirin, aspirin-containing products, or any NSAIDs (Bufferin, Anacin, Excedrin, Aleve, Ibuprofen, Motrin, cough and cold medications, etc.).
- Please remember that the pain medication prescribed by Dr. Shaddix contains Tylenol. It is NOT safe to take regular Tylenol at the same time you are taking the pain medication.
- When taking the prescription pain medication, you should not drink alcohol or drive a car.
- The pain medication may make you drowsy or give you an upset stomach. If this is the case, ask Dr. Shaddix about alternative medications. You may also take your anti-nausea medication.
- If prescribed, take your antibiotics until they are all gone.

Activity

- You should be walking around on the evening of surgery to help prevent a blood clot from forming in your legs.
- No heavy lifting or strenuous activities are permitted in the first week after surgery. You may gradually resume light exercise after a week. You can return to your normal level of activity 2-3 weeks after surgery.
- Wait about 1 week after surgery before having sex or doing anything to raise your blood pressure substantially.

Diet

- The anesthesia you are given may make you nauseated during the first day after surgery. Therefore, it is wise to drink liquids and eat only mild foods during this time (jello, mashed potatoes, soups). When you feel like it, you may resume your regular diet.
- Increase your fluid intake in the first week after surgery.



Incision Care

- You will need to wear your supportive chin strap around the clock for 5 days. This should only be removed when showering and when you clean the garment.
- Your incisions are very small. Dr. Shaddix will close them with sutures. Some of these sutures may need to be removed 1 week after surgery.
- It is safe to shower or sponge-bathe 24 hours following surgery. Do not scrub your incisions. After you finish, gently pat the incisions dry.

Things to Avoid

- Do not smoke. Do not expose yourself to second-hand smoke.
- Do not stay in bed all day. Walk frequently.
- Do not swim in a pool/lake/river/ocean for 4 weeks following surgery.
- Sauna and steam baths should be avoided for 6 weeks following surgery.
- Avoid heating pads and cold compresses. The skin of the treated areas will not have normal sensation for some time. Applying heat or cold can cause burns or frostbite, respectively.
- Do not tan your scars for the first year following surgery because they may tan darker than the surrounding skin. This darkness, if allowed to occur, may be permanent. In general, it is safe to begin using sunscreen on your incisions 3 weeks after surgery. You should cover your incisions with sunscreen during the first year after surgery. Tanning beds should be avoided.

Things to Look For

- If you develop a fever greater than 101°F, increasing pain, redness around the incisions, or concerning drainage from the incisions, call Dr. Shaddix immediately on his cell phone number that will be provided to you on the day of surgery.

Things to Expect

- Scars may become reddened before they fade. This is normal.
- Your pain will be at its peak in the first couple of days. It should improve after that.
- Expect quite a bit of discoloration and bruising as well as some initial swelling of the neck. This is normal and will usually resolve within 2 weeks.
- There will be some numbness or decreased sensation in the treated areas. This generally takes several weeks to fully recover.
- Areas of liposuction may be tender for 2-4 weeks after surgery.
- Final results may not be apparent for 3 or more months.

Follow-up

- Dr. Shaddix would like to see you in clinic 1 week after surgery. This appointment is typically prescheduled, please reach out to our office if you are unsure about the date and time.
- Dr. Shaddix would like to see you again 3 weeks after surgery and then again at 3 months.
- Please remember that we are here for you to answer any and all questions, no matter how small! If you have a question, it is likely that we have the answer.

