

# THE FIRST GLANCE

## Submental Liposuction Post-Operative Instructions

### Supplies to have at Home:

- Your Prescription medications (you may get your Prescription prior to surgery or on the day of surgery)
- Gravol
- Stool softener (ie: Restorolax/Lax-a-Day/Senokot) \*\* Start if no BM for 2 days\*\*
- Reactine (anti-histamine to help with itchiness associated with medications or wound healing) - Polysporin Original Ointment

### Prior to your surgery:

Arnica Montana is a herbal supplement that you may be given prior to your surgery to help reduce bruising. If this was provided to you, take 5 tablets three times per day (morning, noon, and night). Ideally, start this 4 days prior to your procedure and you may continue taking after your surgery until signs of bruising diminish.

### After your surgery:

#### Comfort:

Take your medications as directed when needed. Take Extra Strength Tylenol as needed for pain following surgery. Use of stronger pain medications is typically not required. You may find the pain medications do not eliminate your discomfort 100%, but you will feel more comfortable. Pain medication is intended to reduce the pain to a tolerable level.

Do not take any pills containing Aspirin, Ibuprofen, ASA or Arthritic Medication as they have a blood thinning effect and will increase your risk of complications following your procedure.

You may use cold compresses or ice pack to your face for 10 minutes at a time to help reduce swelling.

#### Wound Care:

The initial bandages should be kept on for 48 hours. At this time, you may remove the dressings and get the incisions wet in the shower. Pat the area dry, but do not rub.

There will be sutures present which will need to be trimmed in 5 to 7 days. Apply polysporin twice daily to the incisions.

#### Dressings:

Drainage of excess fluid is normal after liposuction for 1-2 days. Wear clothing that you do not mind soiling.

A compression garment will be applied following surgery. Wear the garment full-time except when showering for the first week, then for 12 hrs/day for the next week.

Bruising tends to last about 2 weeks. Swelling can be significant and can take up to 6-8 weeks to subside and up to 6-9 months for the final results to show. Swelling can increase during your menstrual cycle from intraoperative fluid injections.

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Recovery varies in individuals. Most individuals feel uncomfortable for the first couple of days and depending on their occupation and extent of the surgery can return to work 1 week post-operatively.

## Daily Activities

Sleeping/resting with your head elevated will help to decrease swelling, try to do this for at least the first few days and up to 2 weeks.

You may start walking the day following your surgery. Light exercise can usually begin 1 week after surgery and more strenuous exercise 3 weeks post-operatively.

DO NOT sleep with pets in the bed and avoid exposure to smoke to reduce your risk of infection. Smoking will also negatively impact your healing and scar formation.

Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery:

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

## Follow Up Appointments

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek will see you at The First Glance Aesthetic Clinic for all follow up appointments.

## After Hour Care

If there is a concern about your surgery or your healing, please call The First Glance Clinic at 204-885-1419.

Take time to rest and recover from your surgery, have a healthy diet and get some sleep.

It is important that you follow these recommendations carefully so we can attain your surgical goals.

**Evenings and Weekends or in case of emergency please call Dr. Brichacek at 204-898-9933**