



1909 Mallory Lane, Suite 104
Franklin, TN 37067

John Reagan Moore, M.D.
Konrad Sarosiek, M.D.
www.coolspringsplasticsurgery.net

620 Church Street East
Brentwood, TN 37027

Chin Liposuction Postoperative Instructions

Thank you very much for allowing us to perform your surgery. Please feel free to call us at any time if instructions are not clear or issues are not addressed by this instruction sheet.

WHAT TO EXPECT

You will see your physician approximately **five to seven days** following your surgery.

You may have a foam dressing under your chin and have a chin/face wrap in place. The chin/face wrap should be snug but not too tight. The wrap should be worn continuously for 1 week and then at night for 7-10 days. You may temporarily remove the wrap to shower after the first day. This wrap will compress your skin, help minimize bruising, and control drainage.

You will experience some discomfort after liposuction, however, it should be relieved by pain medication. It is common to experience a small amount of bloody drainage from incision sites the first few days.

You should be ready to return to work when you no longer need to take narcotic pain medication – generally in a couple days. You may return to regular exercise in **three weeks**.

You will experience bruising and swelling along the neck and upper chest. You might find that due to swelling, the sites appear larger than before. **Don't panic**. Swelling normally begins to decrease around the third or fourth day, with continued improvement for several weeks.

You may use a zip-lock bag with finely crushed ice or a bag of frozen peas covered in a towel as a cool compress to help minimize swelling and aiding in comfort. Do not apply ice directly to skin as you may have residual numbness. Use the cool compress for twenty minutes on and twenty minutes off intervals for comfort.

You may become **constipated** due to the pain medications and can begin a stool softener (i.e. Colace) after surgery. In addition, you may want to add a fiber supplement (Metamucil, Citrucel, etc.) after tolerating a diet to decrease straining. If you have gone several days without a bowel movement and are feeling uncomfortable, you may want to consider using a glycerin suppository or Fleet's enema (available at all drug stores).



Chin Liposuction Postoperative Instructions

WHAT TO DO

Sleep with your head elevated for the first few days. Drink plenty of clear fluids.

Do not drive or operate machinery while you are taking your narcotic pain medication. If you are still taking narcotics by the time of your first postop appointment, then have someone drive you to your appointment.

Severe pain or swelling, particularly if much greater on one side, could be a sign of a problem. Please call us if this occurs.

Make-up can be worn (except over the incisions) in 5-7 days.

WHEN TO CALL

If you develop severe shortness of breath or chest pain – call 911, then notify your physician

If you run a fever or have chills – call our office.

If you have markedly increased pain, bruising, swelling or bloody drainage– call our office.

If you develop leg swelling or pain – call our office.

If you have persistent nausea or vomiting – call our office.

If you are uncertain about a medication or treatment – call our office.

If you are experiencing any adverse symptoms or changes that you do not understand – call our office.

Phone Numbers:

Cool Springs Plastic Surgery – 615-771-7718

Dr. Moore's Cell Phone – 615-476-2784

Dr. Sarosiek's Cell- 215-910-1187

*In the event of an emergency, please call, do not text