POST-OPERATIVE INSTRUCTIONS

Submentoplasty

For the first 48 hours, you should keep your head elevated on 2-3 pillows when sleeping. You should be out of bed the day after surgery.

Apply ice to your neck for the first 72 hours. Alternate 15 minutes on, 20 minutes off while awake, as much as possible! Do not ice for longer than 20 minutes at a time.

The first post-operative visit will be the day after surgery. The second post-operative visit will be 4-5 days after surgery.

You may shower 24 hours after the surgery, AFTER you have seen the doctor. Do not make the shower too hot and do not take a long shower.

Your incisions are not fragile and will not open up. At home, clean the suture lines with hydrogen peroxide and then apply a small amount of Aquaphor with a Q-tip, a couple of times a day in order to keep them moist.

A feeling of tightness and swelling in the neck is normal and will relax within a few weeks.