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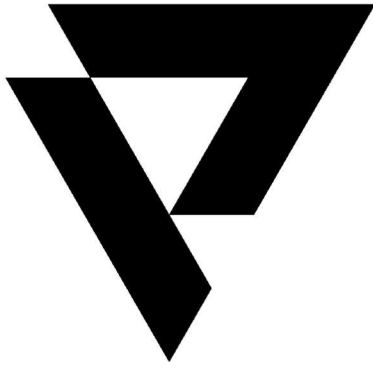
Chin/Neck/Submental Liposuction Post-Operative Instructions

*****NOTE: IF YOU ARE UNDERGOING A PROCEDURE UNDER ANESTHESIA (NOT LOCAL ANESTHESIA ALONE), DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE*****

AMAZON POST-OP LIST: <https://a.co/cfYUsv8>

- Dr. Sitapara has curated these items to help you breeze through your recovery (*please review ingredients for any allergies or contraindications*):
 - L-Arginine Pro – Scientifically proven to aid in healing time and pain. Consume 1 scoop per day for the week before surgery and the week after surgery.
 - Vitamedica Bromelain – Studies show significant reduction in bruising. Take one pill per day for one week before surgery and the week after surgery.
 - Biocorneum Silicone Scar Gel – For use one week after surgery. Do not use on eyelid incisions.
 - General Gauze Sponges – Use as needed for wound care. Non-woven for comfort.
 - Extra Strength Tylenol – Lay a foundation of pain control before using additional pain medications for spikes in discomfort. 500mg rapid release tablets to take every 4-6 hours. Do not exceed 4000mg per day (8 tablets).
 - Active Skin Repair Hypochlorous Acid Hydrogel – Apply to incisions twice daily with clean hands. Allow it to dry before applying before bacitracin or other ointment. Do not apply to eye incisions.
 - Sleep options - We generally recommend sleeping with your head slightly elevated after surgery to reduce swelling. We also want you to be strictly sleeping on your BACK. Explore these options and see which one works best for you.
 - AM Aeromax Back Sleep Training Pillow – Design trains you to sleep on your back. Recommend placing on top of another flat pillow to keep head elevated. Machine washable cover.
 - Cozymaker Wedge – Elevate your head and neck to an optimum angle. May need to combine with an airplane neck pillow to prevent side sleeping.
 - Airplane Pillow – *Hair Transplant Patients* Bring with you ON THE DAY OF SURGERY.
 - ***Compression Wrap*** - 48 hours after surgery, you will be required to wear a compression garment at night.
 - Option 1 (premium): Neotectus Compression Garment
 - Option 2: Purchase two 4 inch ACE wraps.

The following instructions apply to patients who have undergone Chin/Neck/Submental Liposuction. Since no two patients are ever exactly alike in their surgical needs, type of surgery performed or rate of healing, we may elect to individualize the following guidelines for each patient. In such instances, we



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will so instruct you. Otherwise, we urge you to follow the advice below very carefully, in order to accelerate your healing and maximize your surgical outcome.

Preoperative Instructions

If possible, do not take any Asprin or NSAID medications (ibuprofen, motrin, advil, etc) for 14 days prior to your procedure, and then only on the advice of your personal physician. Please let your surgeon know if this is not possible prior to your surgery.

Avoiding alcohol for 7 days prior to surgery can help with the healing process.

If you are having this procedure done awake, make sure to have a meal before coming into the office.

If you have been prescribed Ativan, please take 1-2 pills one hour prior to your arrival. ***DO NOT TAKE THIS MEDICINE PRIOR TO SIGNING YOUR CONSENT FORM AS THIS WILL RESULT IN CANCELLATION OF YOUR SURGERY***

You will need a ride after surgery due to the neck wrap that is placed. If you are taking Ativan for the procedure or any other sedative, you CANNOT take an Uber/Lyft/Rideshare (it must be a known person picking you up).

Postoperative Instructions

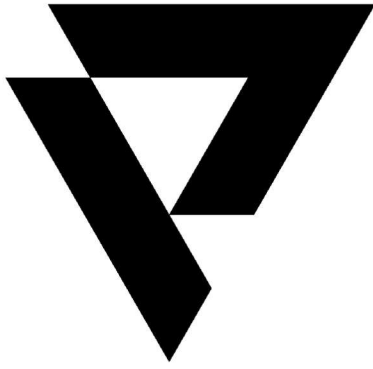
It is very important to your well-being that you follow completely all instructions given to you by this office, and that we check your progress regularly following surgery.

Since you have just undergone a surgical operation, use good common sense in the first 14 days after surgery in restricting your normal activities, exercise regimens and any activity requiring heavy lifting or straining. You may be up and around the day after surgery, but some natural fatigue may persist for 2-3 days.

You may eat a normal diet the day of the surgery. Talking and smiling are perfectly acceptable. Please be mindful that some local anesthesia used during your procedure may cause some weakness and numbness of the lower mouth. This is completely normal and will typically resolve after the first day.

You will wear the headwrap after surgery for 48 hours. This will feel snug but tolerable. You will then carefully remove the head wrap at home.

For the next 5-7 days, please wear the Neotectus head wrap or Ace bandage around your head/neck to support the healing process (ONLY REQUIRED WHEN SLEEPING).



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Your head should be elevated on at least two pillows during sleep for the first 7 days, in order to keep your head higher than your heart to help facilitate the resolution of swelling. Do not sleep face down.

Use Extra-strength Tylenol (650mg) every 4-6 hours for pain control. Do not exceed 4000mg of Tylenol in a 24 hour span. Please call your surgeon if you experience uncontrolled pain with this regimen.

Some neck swelling and bruising are normally present after this procedure, but the degree of each varies widely from patient to patient. Do not be concerned if you have more or less than others who have undergone the “same” operation. Generally, the vast majority of patients appear quite socially acceptable within 5-10 days after surgery.

Any unexplained development of pain, neck swelling, or fever should be reported to us immediately.

Once you remove your head wrap, you should gently cleanse the incision(s) twice daily with Active Skin Repair Hypochlorous Acid Hydrogel or 3% hydrogen peroxide. Use clean Q-tips each time. After this is dry, apply bacitracin ointment provided sparingly twice daily to the incision line in order to avoid excessive crusting of the incisions and to accelerate the reduction of incision redness. Do not apply any other ointment or medications unless we prescribe it.

You may gently shower and shampoo your hair 48 hours after surgery (after you remove the wrap), avoiding any strong rubbing to the incision line.

Excessive exposure to sun (including sun-tanning parlors) in the first 3 weeks after surgery may result in prolonged neck swelling and injury to the skin. After you are done wearing the neck wrap you should always protect your skin with a sun-screen in order to decrease the inevitable aging effects of the sun on your skin.

Makeup to the neck may be worn after surgery after 7 days.

Walking is recommended after the surgery but avoid any activity that raises your heart rate or blood pressure. Between 1-2 weeks after surgery, you may progress to walking 3 miles for exercise. After 2 weeks, slowly reintroduce exercise into your routine. Do not engage in vigorous exercise or sports for at least 3 weeks, or until approved by our team.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our very best efforts to achieve the best surgical result possible for your particular individual anatomy and condition.