

## Daily Care

1. You will go home with a dressing around your face and neck. You **must leave** the dressing on until you see the doctor the day after your surgery.
2. You may **wash your hair and face the day** after your surgery. Use the Neutrogena shampoo as instructed. You may use your own facial cleanser and shampoo.
3. Wear your **chin sling** at all times for one week. You may take it off to shower.
4. **Sleep** on your back with your head elevated about 30-40 degrees. You are encouraged to sleep this way for approximately 2-3 days to minimize bruising and swelling.
5. **Eat soft foods** for 2-3 days. I.E. (Jell-O, pudding, mashed potatoes). Chewing can cause an increase in pain and swelling.
6. **Talking** should be minimized. Excessive talking, laughing and chewing can cause increased pain and swelling.
7. **To avoid an upset stomach**, eat something before taking any medication.
8. Take the **pain medicine** prescribed as needed or Extra Strength Tylenol as needed.
9. Continue taking your **antibiotic** as prescribed until it's finished.
10. You may take the **sleeping pill** prescribed as needed.
11. You may wear **makeup** the day after surgery.
12. You may **drive** the day after surgery. Do not drive if you have taken any of the pain medication.

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## Post operative instructions for Platysmalplasty and Submental liposuction.

### Introduction

You have just undergone a technical, state-of-the-art operation during which your neck was rejuvenated through a small incision under the chin.

The following instructions are based on experience with many platysmalplasty and submental liposuction operations. They will answer practically every question that may arise regarding the "do's" and "don'ts" after surgery. You and your family should read them several times so that you may become thoroughly familiar with them. Attempt to follow them faithfully. Those who do so generally have the smoothest postoperative course; this, also favors proper healing.

## Post operative instructions continued

### Things to expect

1. **Swelling** of the surrounding tissues may become a little greater the second day or third day after surgery.
2. **Discoloration or bruising** of the surrounding tissues is normal. The bruising may be greater on the second or third day. It usually does not last more than 1 week.
3. There is usually little **pain** following surgery, but any pain may become worse at night or when you become anxious or nervous. Take the pain medicine prescribed or Tylenol as needed.
4. Occasionally, **crusting** will occur on the tape covering you sutures. This is normal and will resolve once the tape is removed by the doctor.
5. You may experience some **weakness or dizziness**. This generally will clear up after a few days. **Be sure to drink plenty of fluids.**
6. Parts of the neck sometimes feel weak or “**numb**” after your surgery, but this is temporary. You may feel some irregularity in your neck. This is normal and will resolve within in a few weeks.
7. You may experience some sharp **shooting pain or itching** during you healing process. This is normal and will resolve in a few weeks.
8. **You may be up and around** the house without performing any strenuous activities.

9. After all **stitches have been removed**, the scars will appear a deep pink color. With time, the pink will fade and become white, the firmness of the scar will soften, and they will become less noticeable. Each individual varies with respect to healing, but it takes approximately a year for these changes to occur and the scars to look their best.

### Things to avoid

1. Avoid turning your head as much as possible.
2. Avoid bending over or lifting heavy objects for 2-3 days.
3. Avoid hitting or bumping your neck.
4. Avoid straining on the toilet; you may take a laxative if needed. Any over the counter stool softener is acceptable.
5. Avoid direct sun to the face for one month.
6. No swimming, strenuous athletic activity or exercises that involve turning the head for 1 week.
7. Do not drive while taking any sedative or pain medications.
8. Do not try to remove the sutures yourself.

### Resuming Activities

**Returning to work** depends on the amount of physical activity and public contact your job involves and also the amount of swelling and discoloration you develop; the average patient may return to work or go out socially a few days after surgery. There is some individual variation regarding the time one returns to work.

### Things to report

1. Report any excessive bleeding that persists after applying pressure for 20 minutes.
2. Report any excessive swelling and /or pain.
3. Report any signs of infection such as excessive swelling, redness, sudden increase in pain or drainage, elevation in temperature, greater than (100.3 degrees).
4. Report development of any drug reaction. (Rash, hives or itching).
5. Report if a lump develops or becomes larger.

### Your first office visit

The skin sutures will be removed and the progress of your healing will be checked. Removing sutures is quick and uncomplicated because it is done with small delicate instruments to minimize discomfort. Subsequent office visits for 1 year are important in order to monitor proper healing.

**Most of all, be patient during the healing process. If you have further questions, you are urged to call us.**