



Jesse E. Smith MD, FACS

Facial Plastics and Reconstruction

Chin Liposuction Post Operative Instructions

- Take medications as prescribed by Dr. Smith. You can start your pain medication the night of surgery if you are in pain. You cannot drive while using pain medication.
- You can start daily Miralax or stool softeners with your pain medication to help prevent severe constipation that can be caused by pain medication.
- Keep your head elevated for the first week after surgery to help decrease swelling. Sleep on your back with your head elevated on 2-3 pillows or in a recliner if possible.
- Wear your compression garment as directed by Dr. Smith. This is very important to help decrease swelling, support the skin as it heals, and improve your final contour.
- You may remove the compression garment briefly to shower once cleared by Dr. Smith, but place it back on afterward unless instructed otherwise.
- You can expect swelling, bruising, tightness, firmness, and mild numbness/tingling under the chin and along the jawline. This is normal and can last for several weeks while the area continues to heal.
- Some drainage from the small incision sites is normal for the first 24-48 hours. You may gently reinforce the area with clean gauze if needed.
- Keep incision sites clean and dry. If instructed, clean gently with saline or wound cleanser and apply ointment as directed.
- Do not massage the surgical area unless Dr. Smith specifically instructs you to do so.
- It is okay to walk around the house the evening of surgery, but avoid strenuous activity, heavy lifting, bending, or exercise until directed by Dr. Smith, typically around the 3 week mark.
- No bending or lifting greater than 20lbs for 3 weeks. Avoid vigorous exercise until cleared at your post-operative visit.
- Do not take anti-inflammatory medications like ibuprofen, aspirin, or fish oil for at least 2 weeks before and after surgery or until directed by Dr. Smith.
- Avoid alcohol while taking pain medication and avoid smoking, vaping, or any nicotine products. Nicotine can significantly delay healing and compromise your surgical outcome. Please avoid these products for at least 6 weeks before and after surgery.
- You may shower when instructed by Dr. Smith, but avoid soaking incisions, swimming, hot tubs, or submerging the surgical area until cleared, typically around the 4 week mark.

Call the Office if you notice any of the following:

- A temperature greater than 100.4 degrees Fahrenheit
- An unusual amount of bleeding or drainage that does not improve after applying firm pressure for 15 minutes
- A sudden increase in swelling, firmness, redness, warmth, or pain on one side of the neck/chin
- An increase in pain that is not relieved by taking your pain medication
- Shortness of breath, chest pain, calf pain, or any other urgent concern

You will be given your follow up visit via our Klara patient communication app. Please contact via Klara with any questions or concerns.

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