

Post-Op Instructions

Neck Liposuction

You may remove the head wrap the next day after surgery.

Ice neck region every hour for at least 15 minutes for 2 days.

Keep incisions clean (bottom of ears and chin) using a mild soap.

Apply antibiotic ointment to incisions twice daily.

Sleep with head elevated (4-5 pillows or recliner) for a week.

Sutures will be removed in 1 week.

No exercise, heavy lifting or bending over for 2 weeks.

Wear HEADBAND 24/7 for 1 week and then as much as possible for the next 4-6 weeks.