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AFTER CARE INSTRUCTIONS for MYELLEDATE NECK CONTOURING

MEDICATIONS

- Take over-the-counter Tylenol (acetaminophen) on a scheduled basis (Ex.: 650mg every 4 hours, or 1000mg every 6 hours) starting on your day of surgery. *If you have liver problems, do not take acetaminophen, unless you have discussed this with your doctor.*
- DO NOT TAKE MORE THAN 4000 mg of acetaminophen per day.

- Ibuprofen (i.e., Advil, Motrin) or naproxen (Aleve) may be started the same day as your surgery and may be used together with acetaminophen. *However, do not use ibuprofen or naproxen if you have had problems with stomach ulcers, kidney problems or if you have been told by a doctor not to use nonsteroidal anti-inflammatory drugs (NSAIDs).*
- Wean yourself off acetaminophen and/or ibuprofen/naproxen as soon as you are able.

- You may resume taking your routine medications, unless your physician instructs you differently.

DIET

- You may resume your normal diet.
- Drink plenty of fluids/ water (eight 8-ounce glasses a day).

COMPRESSION GARMENTS

- You will be given a compression neck strap and a soft neck collar for compression.
- Wear your neck compression strap and soft neck brace 24 hours/day for 3 days. Then, wear just the soft neck brace 24 hours/day for 7 more days. You may remove it while keeping your jaw line parallel to the floor (looking straight forward, no looking down).
- You may remove the strap and brace to shower and to wash it as needed, after approval by your surgeon. You should replace the wrap immediately.
- You may need help removing and replacing the wrap or brace the first few times.
- While the strap and brace should be snug, it should not be so tight that it makes it difficult for you to breathe or swallow.
- If the strap or brace irritates your skin, you may find it more comfortable to pad the irritated areas with something *clean* and soft, or contact your surgeon, as it may be able to be modified.

ACTIVITY

- **LIMITATIONS:** Do not turn your neck from side to side for 1 week. After 1 week, you may gently begin to do slow side-to-side stretching exercises.
- **SHOWER:** You may shower 1 to 2 days after surgery.
 - Do not direct water stream directly at face or neck.
 - Do **NOT** soak, take a tub bath, or swim for 3 weeks, if you have sutures that need to be removed, or if there are any openings in the incisions.
- If you have paper tape or Steri-Strips over the incisions, do **NOT** remove them. You may still shower with them. Gently pat them dry and let your skin air dry before redressing. The tape/Steri-Strips will be removed in the office.
- **SHAVING:** Do not shave for 10 days post-surgery. Hair trimming/ hair clipping is acceptable.
- **SLEEPING:** Sleep with your head and neck elevated, and with the soft neck brace in place.

- **EXERCISE:** Do **NOT** do any strenuous activity or exercise/ activities (running, weightlifting, aerobics) for 3 weeks. After you start exercising, go slowly over 1 to 2 weeks until you are comfortable with more strenuous exercises.
- Use caution when bending forward.

WHAT TO EXPECT

- The area will feel tight (like the elastic string from a party hat) for 2 weeks.
- Discomfort for 1-2 weeks.
- Drainage from the incision sites on the first 1 to 2 days. This is normal. You may cover with gauze and secure with paper tape.
- If there are any non-absorbable sutures, they will be removed in 1 week after your surgery.
- Decreased sensation (numbness, tingling) in the area treated. This is normal. It may take several months for full sensation to return.
- The treated areas will feel swollen and bruised, and you may feel some burning.
- Bruising, which may get worse for 1 to 2 days and last for several weeks.
- Swelling may last for 2 months or more. This is **NORMAL**.
- Please be patient as it takes 6-12 months, or more, to see your final results from liposuction.
- You may have loose skin that requires additional skin tightening treatments, such as RF.

SCAR MANAGEMENT

See Incision and Scar Care instructions.

WHEN TO CALL DR. GUTOWSKI or DR. MARTIN:

- Fever over 100.5° F for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around incision.
- Any excessive bleeding or drainage from your incisions.
- Pain that is not relieved by prescription medication.
- Persistent problems with nausea or vomiting.
- **CHEST PAIN or TROUBLE BREATHING: CALL 911 or go to an Emergency Room.**