



GULF COAST FACIAL PLASTICS

Where Art and Medicine Come Face to Face®

200 Doctors Drive, Panama City, FL 32405

1303 Mosley Drive, Lynn Haven, FL 32444

www.gulfcoastfacialplastics.com

Pre/Post-Operative Instructions for Submental Lipectomy

- Keep your head elevated 12" to 18" above the level of your heart by using pillows. **DO NOT LIE FLAT.**
- Sleep on your back.
- Do not take Aspirin or ibuprofen. Use only acetaminophen (Tylenol) or the medication prescribed by your physician.
- Do not take oral Vitamin E for one week.
- No bending over or heavy lifting for one week.
- Limit strenuous activity or exercise for three weeks.
- You may shower the day after surgery (after the dressing is removed). Please do not let the force of the water hit directly on the incisions.
- Minor oozing of blood may occur immediately after surgery. If this happens, apply gentle pressure to the area for 15 minutes. If the bleeding persists, please call our office at (850) 784-7722.
- Avoid direct sun for two month, then use sunscreen SPF #15 or higher whenever you anticipate sun exposure.
- No smoking.