

## **POST OPERATIVE CARE SUBMENTAL PPLICATION**

### **Post op care:**

- Ice packs to neck 24-48 hours **\*Do not exceed 20 min on/20 min off**
- Wear chin/neck garment as directed
- Keep head, neck, and shoulders elevated while sleeping
- No straining, lifting, or bending for 1-2 weeks
- No aspirin or ibuprofen for 10 days
- Take pain medication, antibiotic, and other prescribed medicines as directed
- No make-up until at least 24 hours after suture removal
- Avoid exposure to sun, use sunblock and hat.
- Can operate a motor vehicle 24 hours after last dose of narcotic pain medication
- Do not smoke—smoking delays healing and affects circulation
- Rest – can resume most activities in 2-3 weeks and exercise in 4-6 weeks

### **What to expect:**

- Swelling and bruising can occur 48-72 hours post op. May take several weeks (bruising) to several months (swelling) to resolve
- Moderate discomfort usually described as tightness or pulling sensation
- Constipation may occur from narcotic use – increase fluid intake and use mild laxative or stool softener if needed
- Numbness, tingling, and sensitivity will persist for several weeks to months

### **Follow-up:**

- Follow up appointment 7-10 days post operatively or as directed

**DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS OR CONCERNS**

**Pain medication:** \_\_\_\_\_

**Antibiotic:** \_\_\_\_\_

**Follow-up:** \_\_\_\_\_

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