

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
- Ok to take Tylenol immediately and Ibuprofen immediately after surgery (do not take with other acetaminophen medications such as Percocet)
- 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: _____

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Follow-up: _____