

THE STERN CENTER

FOR AESTHETICS

Neck Liposuction Pre and Post Procedure Information

Neck liposuction is done under local anesthetic only (no sedation), and therefore you will be able to drive yourself to and from the procedure.

Pre Procedure:

- 1-Avoid fish oils, ibuprofen, aspirin, Vitamin E, turmeric 7 days prior to procedure.
- 2-To enhance results, you may consider starting a neck specific product such as Neck Correct.
- 3-Morning of procedure, shower and wash neck area well.
- 4-A pre procedure appointment will be scheduled 2 weeks ahead to review care, sign consents, revisit any questions with Dr Stern and get prescriptions. You will **begin an antibiotic the day before and continue for 1 week**. Tylenol should be all that you need for mild discomfort. Arnica is recommended to start 2 days ahead.
- 5-Pronox Nitrous gas may be used during procedure if desired.

Post Procedure:

- 1-The lidocaine that is infused during procedure will cause swelling, fullness, numbness. This will last a few hours.
- 2-Do not ice. Do not place Band-Aid or ointment over punctures.
- 3--A compression garment will be provided and placed by RN at end of procedure. Expect blood-tinged drainage the first day. Extra pads will be placed for the drainage but should not be needed after day 1. Leave garment and padding in place overnight. The next morning you may remove all padding and compression garment, shower and then replace the compression garment without extra padding. Wear garment as much as possible for at least a week.
- 4--Expect tenderness, swelling, possible bruising. Activity as tolerated. No restrictions for food. The only restriction is no submerging under water-swimming, bathing (shower ok), hot tub for 1 week.
- 5-Skintyte laser x2 treatments are included. Schedule at the time of your pre procedure appointment, as the aesthetician schedule can be very full. Usually done at approximately 3 & 6 weeks after
- 6-Results continue to improve for several months