



INLAND INSTITUTE

ORAL AND MAXILLO-FACIAL SURGERY
COSMETIC SURGERY

1333 E. Foothill Boulevard, Suite 1 ❖ Upland, CA 91786

Phone (909) 982-8888

Submentoplasty

Dressing - The dressing placed immediately after surgery will be removed by us the next day during your appointment. Clean the foam pad in the shower daily by lathering with soap and water. The foam tape can be dried by blotting with a dry towel or by using a hairdryer at a low setting (do not use the heat setting). Do not submerge the incisions in water. Starting one day after surgery, wear the neck support strap we provide full time for the first week and half time for the second week. After two weeks you may want to wear the neck garment at night for another two weeks for additional support.

Sutures - Dissolve in about two weeks.

Wound Care - After the foam pad is removed by your surgeon at the one week follow-up appointment. The incision should be cleaned twice a day with diluted peroxide and apply antibiotic ointment or scarguard as instructed.

Activity - Elevate head of bed at least 30-45 degrees. Use ice or frozen green pea packs over the surgical areas for the first 24-48 hours as often as tolerated to help decrease swelling and bruising. Limit neck turning for up to six weeks, (avoid rapid movement when turning your head). Increase activity as tolerated with no heavy exercise or lifting for at least two weeks. Eat a soft diet for the first few days. Avoid bending over to decrease pressure on the face. Avoid driving while still taking prescription pain medication.

What to Expect - Swelling, bruising, and some bloody drainage is normal. As numbness subsides, it is common to feel tingling or sharp sensations. These sensations will eventually go away, however it may take months to resolve.

Signs of Hematoma - Painful extreme swelling and hardness often accompanied by bruising, usually unilateral causing asymmetry. Please notify us if you have any symptoms you are concerned with.

Please Purchase these items from your local drug store before surgery

Prescription medication

Frozen peas

Ziplock bags