

# WESTCOUNTRY Patient Information for :

PLASTIC SURGEONS  
of Washington University

*SMART LIPOSUCTION  
of the NECK*



Dr. Terence Myckatyn &  
Dr. Marissa Tenenbaum

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OR DAY/TIME: \_\_\_\_\_ PLACE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

During office hours, questions can be answered by our office staff at 314-996-8800. During off hours, please call Barnes hospital at 314-362-5000 and ask for the “Plastic Surgery Resident on call.”

Please note that our website ([www.westcountyplasticsurgeons.wustl.edu](http://www.westcountyplasticsurgeons.wustl.edu)) has detailed descriptions of most procedures. This form is available from our website by navigating to: Patient Resources > Patient Forms.

## BEFORE SURGERY

### SIX WEEKS BEFORE SURGERY:

1. **Smoking affects healing.** If possible, please try to stop smoking or using ANY nicotine products for at least 6 weeks before surgery and one month after. If needed, we can prescribe Chantix to help you quit.
2. **Good nutrition can help optimize wound healing and speed your recovery from plastic surgery.** To reduce the risk of problems, please be sure to consume a high protein diet and appropriately supplement any vitamin or dietary deficiencies that you may have.

### TWO WEEKS BEFORE SURGERY:

1. Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed “**Medication and Supplement Alert List**” and let us know if you take any of them. For example, **garlic** and **ginseng can cause bleeding** even though they are homeopathic remedies and not true medicines. So please stop taking these, and any other non-prescription herbal medicines for two weeks before surgery. Also, Aspirin should not be taken 2 weeks before or after surgery. Tylenol is a good medicine to take for any aches or pains you may have prior to your surgery.
2. If you develop a cold, facial sore, or any other illness prior to surgery, please notify us.
3. Please be sure arrangements have been made for a responsible adult to pick you up after liposuction.

# DAY OF SURGERY

**Be at the Office at:** \_\_\_\_\_

1. Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress loose, comfortable clothes. Do not wear pullover tops. Remove all body piercing jewelry from all locations. Wear slip-on shoes.
2. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home.

# AFTER SURGERY

1. **Supervision.** After surgery, it is important for you to have someone available to check on you or stay with you for the first 24 hours, as you may feel sore or weak.
2. **Diet.** A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.
3. **Pain.** Most people experience muscle soreness as opposed to sharp pains for about 2-3 days after surgery. The pain medication we have prescribed should relieve your discomfort. You may take it every 4 hours as needed. It is best to take pain medication with crackers, jello, etc. Alcohol and pain medication should not be taken together.
4. **Activity.** It is important to refrain from any strenuous activities for at least 5 days after SMART liposuction of the neck. Otherwise you may resume your daily routine being mindful to listen to your body and back off if something hurts.
5. **Neck compression garment.** The garment should be worn AT ALL TIMES except showering for THREE WEEKS and then as much as possible including at night for another THREE WEEKS for a TOTAL OF SIX WEEKS. This will help mold the loose skin to the neck and control swelling.
6. **Showering.** You may remove the *neck compression garment* to take a shower. If it is soiled, you can put the garment in the washer and dryer while you are showering and then put it back on immediately.
7. **SMART Liposuction of the neck is a contouring procedure but not a substitute for a full facelift.** The obvious advantages of SMART liposuction include fewer incisions, a much shorter operative time, and removal of the fat pad below the jaw. However, it will in most cases it will not remove skin or define the neck-jawline contour like a facelift/necklift will.
8. **Swelling and bruising** are a normal expectation following surgery. Bruising can be apparent for a couple of days and modest swelling a months afterwards.

9. **Altered Sensations After Surgery.** Some people experience an itching sensation and/or numbness in the area of liposuction following surgery. This will gradually subside over the next 2-3 months.

## **RETURNING TO WORK:**

1. Working from home : 2-3 Days.
2. Working in public : 3-4 Days (so long as you wear your neck compression garment)

## **GENERAL INFORMATION:**

1. Strenuous activity/heavy lifting can be initiated as soon as you feel less swollen and up to it.
2. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater for at least 6 months. Excellent sunscreen options are offered through our various skin care lines.
3. Please take all medications carefully and as directed.
4. If you have nausea, vomiting, rash shortness of breath, or diarrhea after taking your medication, please call the office.
5. If you develop a fever (oral temperature greater than 101°F / 38.5°C), redness or increased pain at the surgical incisions, please call us immediately.

## **FOLLOW-UP:**

Follow-up after surgery varies based on the extent of the procedure, any pre-existing health conditions you may have, how far away you live, and in the unusual event where there is a complication.

For many patients follow-up includes :

- a) Follow-up within 1 week with registered nurse or physician's assistant to check wounds, and to address any minor questions or concerns
- b) Physician follow-up at 3 weeks, 3 months and 1 year and to address any concerns

## **PRESCRIPTIONS:**

We will try to provide you with prescriptions for medicines prior to your surgical procedure. This may include a pain medicine.

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