



# GARCIA

↔ FACIAL PLASTIC SURGERY ↔

7807 Baymeadows Road East, Suite 303 Jacksonville, FL 32256

## NECK LIPECTOMY (LIPOSUCTION) POSTOPERATIVE INSTRUCTIONS

1. Rest/Sleep with head elevated 30 to 40 degrees for two (2) weeks to minimize swelling.
2. **DO NOT REMOVE DRESSINGS.** The dressing/tapes will remain in place until Dr. Garcia sees you at your next appointment. These provide support for the tissue and skin during the healing process.
3. Eat a soft diet for 2 weeks. Take medications prescribed by Dr. Garcia.
4. **Do Not** manipulate the dressing/tapes. If they become loose, notify Dr. Garcia and/or staff. you will be instructed on a plan of care.
5. Sutures/dressing/tapes will be removed at 1 week post op appointment.
6. Incisions behind ears:  
 Clean with hydrogen peroxide and Q-tips six (6) times daily, then  
 Apply a small amount of Bacitracin ointment to the incision after each cleaning.
7. You may shower the morning after surgery. **DO NOT SATURATE DRESSING/TAPES.** If they become wet, gently pat dry.
8. Do not bend your head over or lift heavy objects for at least 2 weeks after surgery.
9. Report any undue swelling, redness, or discharge from any incision immediately.
10. Make sure to stand and walk around every 15 minutes.

*Generally you will be scheduled for 1 day, 1 week, 2 week, 1 month, 3 month, 6 month and 1 year post-op appointments!*

**904-203-8282**

Person

Receiving

Instructions:

\_\_\_\_\_  
*(one copy to patient, one copy to chart)*

Person

Reviewing

Instructions:

Date/Time:  
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