

## **Submental Lipoplasty (Liposuction) Information Sheet**

Submental lipoplasty is the surgical removal of unwanted fat deposits from the area below the chin by suctioning them away. This involves injecting the involved area with fluid in order to facilitate removal of the fat deposits. Everyone has a fixed number of fat cells, which can increase in size with excessive food intake. By aspirating these fat cells, liposuction appears to prevent recurrence of these fat deposits (though this cannot be guaranteed). The main objective of the surgery is not to remove excess weight, but improve contour of the jawline/chin. Small incisions are made near the area of lipodystrophy (excess fat); fluid is then injected, followed by the use of a cannula, which suctions out the fluid and the fat.

### **PRE-OPERATIVE**

Prior to booking surgery, you will need to decide who your support person will be. It is important that they are aware of the type of surgery you are having, that they are not “squeamish”, and that they are available solely to you during your immediate recovery period (they should not have any other commitments). At the minimum, you cannot be left alone for the first 24 hours after surgery. We advise against driving until after you are seen in office postoperatively, as you cannot drive while taking pain medication.

After you have paid a deposit and a surgical date has been confirmed, you will receive more specific information and a review of what you are required to complete before surgery. Once you have booked your date, please ensure you have the following supplies on hand:

- Tylenol Extra Strength
- Ibuprofen 400mg

### **DAY OF SURGERY**

Submental lipoplasty is usually done under either general anesthetic or monitored sedation so you will be advised to fast after midnight the night before surgery. You must be discharged from the clinic with a responsible adult (preferably the person who will be helping care for you after surgery). Prescription for pain medication will be provided if needed. Arrival time for surgery will not be provided to you until about 1-2 weeks prior, so it is important that both you and your support person do not have any other responsibilities that day.

### **POST-OPERATIVE & LONG-TERM FOLLOW-UP**

You can expect swelling, bruising, and some discomfort and/or numbness in the surgical area. Bruising and swelling typically peak around day three post-op and slowly resolve after that (but can persist for 2-3 weeks). You may notice a small amount of drainage from your incisions. Patients can remove dressings and shower after 48 hours. You will be discharged with a pressure garment in place – specific instructions regarding use will be provided.

## **POST-OPERATIVE & LONG-TERM FOLLOW-UP, CONTINUED**

You will be seen in office about 7-10 days after surgery by one of our nurses. She will assess the surgical area and remove your stitches at this time.

You must refrain from strenuous physical activity, heavy lifting, and any activities where your head is below your heart, for about 4-6 weeks after surgery. Most patients begin reincorporating their regular physical activities around four weeks and slowly work up to their preoperative activity level (typically around six weeks or so).

Though rare, post-operative complications from any procedure are possible. These can include bleeding (hematoma), infection, asymmetry, unsatisfactory scarring, and contour abnormalities. Altered sensations (numbness, tingling, and/or hypersensitivity) are to be expected while you are healing, and can persist for several weeks or months. Our health care team follows you closely to recognize and treat any complications, should they arise.

As with any surgery, results cannot be guaranteed. The goal of cosmetic plastic surgery is improvement, and perfection is not attainable. Final results depend on many factors and healing can vary from patient to patient. It is important to remember to have patience during convalescence to allow your body time to recuperate and settle.

Dr. Robinson will see you approximately 6 weeks post-op and again at approximately 4-6 months after your surgery to assess your result and take photographs. Final results may; however, take up to 12 months to fully manifest. This time is needed for complete resolution of swelling and reconnection of soft tissue. If revisions are required, they would be discussed, and a surgical plan set up at this follow-up appointment.