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## Post-procedure recommendations for chin liposuction and platysmaplasty.

Recovery after chin liposuction and platysmaplasty is a critical phase that demands careful adherence to specific guidelines to ensure optimal healing and to maximize the desired outcomes of the procedure.

### 1/ Recovery following chin liposuction and platysmaplasty - the first 24 hours post-procedure.

To minimize swelling and bruising around the chin and neck, it is essential to keep the head elevated, apply a cold ice pack, and wear a chin strap as recommended. The chin strap should be worn whenever possible, maintaining a minimum of 10 hours per day for a period of 10 days.

Immediately after the procedure, a specially dedicated chin strap should be fitted, which should not be removed until at least 2 hours post-procedure. Additionally, cold compresses (cooling dressings) should be applied to the neck and chin area during this time. Apply cooling dressings for 1.5-2 hours directly after the procedure without removing the strap.

Upon regaining consciousness, as a bacterial prophylaxis, consume the prescribed post-procedure antibiotic and administer the first of five subcutaneous anticoagulant injections (Neoparine). The prescribed post-procedure antibiotic (Cipronex/Duracef/Augmentin) should be taken as follows: two tablets once on the day of the procedure, followed by one tablet in the morning and one in the evening in the subsequent days.

Subsequent subcutaneous anticoagulant injections with Neoparine should be administered daily in the morning. It is normal to observe drainage of blood-tinged fluids from the puncture sites immediately after applying the chin strap. This natural drainage accelerates healing; however, contact your doctor if it persists or intensifies.

During the first 24 hours post-liposuction, keep the puncture sites clean. It is recommended to wipe these areas with Octanisept.

Refrain from applying creams, ointments, or other products to the puncture sites. Avoid touching or scratching the punctures to prevent the introduction of bacteria and increase the risk of infection.

Contact your doctor immediately if you notice signs of infection such as increased redness, pus, or escalating pain. To manage pain and minor discomfort after chin liposuction, take prescribed pain medication as directed by your doctor and avoid over-the-counter pain relievers without your doctor's consent.

Typical post-procedure symptoms include "paresthesias," resulting from irritation of the nerve endings in the skin. Numbness or tingling, a crooked smile, a stilted tongue, or difficulty articulating words should quickly subside as nerves regenerate.

Avoid massaging, applying heat, or cold directly to areas affected by "paresthesias" without specific instructions from your doctor.

Fatigue is entirely normal after the procedure, so ensure you rest adequately.

### 2/ Recovery following chin liposuction and platysmaplasty - the first four weeks post-procedure.

The initial three to four days or the initial recovery period can be challenging, with most patients experiencing significant discomfort.

The first week post-operation is crucial for recovery as the body begins to heal and adjust to the changes.

Key aspects to remember during the first four weeks post-procedure:

\*\*\***Wear the compression chin strap.**\*\*\*

This compression chin strap helps control swelling, supports healing tissues, and improves the contour of the chin and neck areas. Ensure that you wear the compression garment according to your doctor's instructions.

\*\*\***Ensure Complex electrostimulation.**\*\*\*

Complex electrostimulation beneficially impacts the healing speed of the treated area, stabilizing the functional potential of all corrections to the lower part of the face, chin, and neck.

A series of three electrostimulation sessions, every other day, is recommended in the third week post-procedure.

\*\*\***Ensure lymphatic massages.**\*\*\*

Lymphatic massages can help promote healing and reduce residual swelling after chin liposuction. These gentle massages stimulate the lymphatic system and assist in removing excess fluids and toxins from the body. Your doctor will indicate the appropriate time to start lymphatic massages and will recommend the frequency and



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duration of these treatments.

It is advised to start lymphatic massages no earlier than three weeks post-procedure.

**\*\*\*Attend follow-up appointments.\*\*\***

Follow-up appointments with your surgeon are essential to monitor progress, address any issues, and adjust the post-operative care plan.

In the first week post-procedure, your doctor will schedule one or more follow-up visits to assess the results of the chin liposuction and the healing process, and to provide further recovery instructions.

### **3/ Recovery after chin liposuction and platysmaplasty - the first six months post-procedure.**

The recovery process following chin liposuction and platysmaplasty is gradual, with significant improvements typically occurring within the first six months after the operation. During the various stages of recovery, it is crucial to understand what to expect and to adhere to your doctor's recommendations. Here is an overview of the diminishing symptoms during recovery from chin liposuction and neck plasty in the first six months post-procedure:

**\*\*\*Swelling\*\*\*** is a typical side effect of chin liposuction and will begin to subside within the first few weeks.

However, swelling may not completely disappear until several months later. As the swelling reduces, you will start to notice an improvement in the contour of your face and jawline. Within three months post-procedure, you should observe a significant improvement in the appearance of your chin and jawline due to the removal of excess fat cells, but the final results of the chin liposuction will become more evident as you approach six months.

**\*\*\*Small wounds\*\*\*** created at the puncture sites during the chin liposuction procedure will initially appear red and slightly raised.

Over the first few months, scars will fade, flatten, and become less noticeable. Within six months, the wounds should be well on their way to maturation. However, complete healing may take a year or longer.

**\*\*\*Paresthesia\*\*\*** (numbness and tingling) experienced post-operation will gradually subside as the nerves regenerate. It is not unusual for these discomforts to persist for several months, but they should improve over time. You will likely return to your typical daily activities and routine exercises within the first 5-10 days post-procedure. During the first six months of recovery, it is important to maintain a healthy lifestyle, including regular exercise and a balanced diet, to optimize results.

Remember, the healing process is individual, so remain patient and allow your body ample time to fully recover.

### **4/ Tips for recovery after chin liposuction.**

To optimize the results of chin liposuction and ensure a smooth recovery process, it is important to adopt healthy habits and follow specific guidelines. Here are some tips to consider during recovery:

**\*\*\*Nutrition and Hydration\*\*\***

A well-balanced diet is crucial for supporting your body's healing process. Focus on consuming foods rich in valuable nutrients, including fiber from vegetables, proteins, and healthy fats from cheeses and nuts. Avoid carbohydrates and remember that fructose is considered a "poison." The order in which you consume the components of each meal is very important. Start with fiber (e.g., arugula, green salads, broccoli), followed by protein from meat, fish, or vegetarian and vegan sources, then fats from cheeses and nuts. Only at the end should you consume products dominated by carbohydrates (bread, rice, potatoes) and sweet desserts. Avoid processed foods, wheat-based grain products, sugar, and unhealthy fats.

