

1020 N MASON RD STE #110 SAINT LOUIS MO 63141

Office of Dr. Terence Myckatyn & Dr. Marissa Tenenbaum

Surgery Scheduling Assistant for Dr. Tenenbaum	Carol – 314-996-3040
Surgery Scheduling Assistant for Dr. Myckatyn	Michelle - 314-996-3028
Cosmetic Patient Concierge	Kristi – 314-996-8133
West County Plastic Surgeons Nursing Line	314-996-3201
General Questions and Office Appointments	314-996-8800 Option 2

Surgery DAY/TIME: _____ PLACE: _____ ARRIVAL TIME: _____

During office hours, questions can be answered by our office staff at **314-996-8800**.

After hours, please call Central Page for the Plastic Surgery Resident ON CALL at **314-362-1242**

Please note that our website (www.westcountyplasticsurgeons.wustl.edu) has detailed descriptions of most procedures.

NECK LIPO

BEFORE SURGERY

SIX WEEKS BEFORE SURGERY:

1. **Smoking affects healing.** Please **try to stop smoking or 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** or **Plavix** should not be taken for 2 weeks before or for 2 days after surgery.
If you take these medicines for a pre-existing history of cardiac stents, stroke, clotting disorder, or other risk factors please let us know so we can work with your cardiologist or internist to ensure that eyelid surgery can be conducted safely. 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. After surgery, your eyes may be swollen, sensitive to light, bruised, and tearing. So, you should:
 - a) make sure in advance that you have taken care of any urgent personal matters like banking, and groceries
 - b) have either a recliner, or a stack of comfortable pillows that you can rest on to keep your head elevated about 30° while you sleep
 - c) have a bag of cold peas, or a **“swiss therapy eye mask compress”** to sooth and reduce swelling of the eyelids after surgery.

EVENING BEFORE SURGERY:

1. Get a good night’s rest.
2. Do not eat or drink anything if your surgery is scheduled before noon. If your surgery is scheduled after noon, you may have coffee or tea and dry toast no later than 8 hours before your scheduled surgery time. **DO NOT SMOKE.**

DAY OF SURGERY

Be at the Hospital at:

1. Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes. Do not wear pullover tops and remove all body piercing jewelry from all locations.
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 of objects greater than 10 lbs should be avoided for 6 weeks.
2. All incisions will be extremely sensitive to sunlight for one year. Direct sun contact is to be avoided and use a sunscreen with SPF 30 or greater for the first 6 months and at least SPF 15 for the next 6 months. Excellent sunscreen options are offered through our various skin care lines.
3. Please take all medication carefully and as directed.
4. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
5. If you develop a fever (oral temperature greater than 101), 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 our Nurses to pull drains, 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