



Robert Louton, MD

BLAIR PLASTIC SURGERY

LIPOSCULPTURE CHIN AND JOWLS - FACT SHEET

- **DO NOT** sunburn or suntan the surgical area one month before procedure.
- Keep your head elevated at all times. Sleep with 3-4 pillows or in a recliner.
- Facial sling for 10 days at all times except when showering then 6 weeks at night
- No lifting or exertion for 2 weeks.
- You may begin gentle walking 1 mile a day after 2 weeks.
- No exercise for 1 month.
- You may develop bruising and swelling.
- Elevation is the best treatment for this.
- **Do Not Use Ice.**
- Take all medications as prescribed.

Call for any problems day or night (814) 949-7280