



## Checklist

# Liposuction for Double Chin

Dear Patient,

You have decided to have liposuction to correct a double chin. Excess fat in this area is easily removed through a minor incision made below the chin. The liposuction also has a firming effect on the skin.

The operation is performed under local anaesthesia as an outpatient procedure in the operating room at my practice. The total costs including all follow-up checks will be EUR 2.000,-

Please note the following details.

Should you have any questions, please do not hesitate to contact me at any time.

Univ.Doiz.Dr. Greta Nehrer

### **BEFORE THE PROCEDURE**

- You should not take any blood-thinning medications (e.g. aspirin) for a period of 10 days before your appointment.
- Please come to your appointment without make-up.
- Before the operation, we will again review and discuss the procedure in detail. The area to be treated will be photographed for documentation.
- If you are nervous about the procedure, you may be given an oral sedative to reduce your anxiety.

### **DURING THE PROCEDURE**

- The operation takes about 30 minutes to perform.
- You will experience only a mild burning sensation associated with the local anaesthetic.
- The small incision is covered with an adhesive skin closure (Steri-Strip).
- You will receive a special bandage that must be worn day and night for a period of 5 - 7 days after the procedure.

### **AFTER THE PROCEDURE**

- A mild burning pain around the surgical site is normal as the anaesthetic wears off. You will not feel any significant pain.
- We recommend resting for at least 2 days after the procedure. You should avoid any exertions.
- You may wash your hair and continue your usual hygiene from the 2nd day after the procedure.
- A check-up is scheduled after 7-10 days. The skin closure strip is removed.
- Patients typically are able to return to their regular social activities 10 days after the operation. Bruising may appear, however, and could last for 2-3 weeks. As a result, you should postpone any important social engagements until 2- 3 weeks after the procedure.
- Avoid heat (sauna) and physical activity for a period of 2 weeks.
- The results of the operation can be properly assessed after 1 month