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- * Aesthetic medicine
- * Cosmetic surgery
- * Aesthetic laser therapy
- * Regenerative medicine

Postoperative Instructions – Platysmaplasty.

Recovery after the procedure is a critical phase that requires attention and adherence to specific recommendations to ensure optimal healing and maximize the desired outcomes of the surgery.

1/ First 24 Hours After the Procedure

Immediately after the procedure, a special chin compression bandage should be worn. It can be removed for the first time no sooner than 5 hours post-procedure. It is normal for fluids, tinged with blood from the treated area, to drain from the puncture sites once the chin band is applied. This natural drainage accelerates healing, but contact your doctor if it persists or worsens.

After the procedure, you will receive the following medications:

- Antibiotics (Cipronex / Duracef / Augmentin): Dosage - 2 tablets immediately post-surgery, then 1 tablet in the morning and 1 in the evening for the following days.
- Neoparin (Klexan): Dosage - Subcutaneously, 1 pre-filled syringe once daily.
- Ketonal Duo / Helicid Forte**: Dosage - 2 capsules twice daily.

Upon returning home, take the prescribed antibiotics and perform the first of five subcutaneous anticoagulant injections (Neoparin). It is also recommended to take a non-steroidal anti-inflammatory and analgesic (Ketonal Duo) with a protective gastric medication (Helicid Forte) at a dosage of 2 capsules twice a day for four days.

To minimize swelling and bruising of the chin and neck, keep your head elevated, apply cold ice compresses, and wear the chin band as instructed.

Cold compresses around the neck and chin area are also recommended. These should be applied for 1.5-2 hours immediately after surgery without removing the chin band.

The chin compression band should be worn whenever possible, with a minimum duration of 10 hours per day for 10 days.

During the first 24 hours after the procedure, keep the puncture sites clean. It is advised to clean these areas with Octenisept solution.

Avoid applying creams, ointments, or other products to the puncture sites. Refrain from touching or scratching the sites to prevent bacterial contamination and reduce the risk of infection. Contact your doctor immediately if you notice signs of infection, such as increased redness, pus, or worsening pain. To manage pain and discomfort, take the prescribed pain relievers as directed and avoid over-the-counter pain medications without your doctor's approval.

Typical postoperative symptoms include **paresthesia**, which results from irritation of the skin's nerve endings. Numbness, tingling, an asymmetrical smile, a stiff tongue, or difficulty with speech should resolve as the nerves heal. Avoid massaging or applying heat or cold directly to these areas without specific medical advice. Fatigue is also common, so rest adequately.

2/ First Four Weeks After the Procedure

The first three to four days, or the initial recovery period, can be challenging, during which most patients experience the greatest discomfort. The first week post-procedure is crucial for recovery, as the body begins to heal and adjust to the changes.



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Key aspects to remember during the first four weeks:

Wear the Chin Compression Band

This compression band helps control swelling, supports healing tissues, and improves the contour of the chin and neck area. Ensure you wear the compression garment as per your doctor's instructions.

Use Compex Electrotherapy

Electrostimulation with Compex significantly aids in the healing process of the treated area. It stabilizes the functional potential of the lower facial muscles, chin, and neck. A series of three electrotherapy sessions, every other day, in the third week after the procedure, is recommended.

Undergo Lymphatic Massages

Lymphatic massages can promote healing and reduce residual swelling after chin liposuction. These gentle massages stimulate the lymphatic system, aiding in the removal of excess fluids and toxins. Your doctor will advise on the appropriate time to begin lymphatic massages and their frequency. It is recommended to start lymphatic massages once the hardened areas in the treated region are no longer palpable, but no sooner than four weeks after the procedure.

3/ First Six Months After the Procedure

The recovery process is gradual, with significant improvements typically occurring within the first six months post-surgery. Remember, healing is individual and rarely symmetrical, so stay patient and allow your body time to fully recover. Here is an overview of the diminishing symptoms during the first six months of recovery:

Swelling is a typical side effect and will start to decrease within the first few weeks. However, the swelling may not completely resolve for several months. As the swelling subsides, you will notice improvements in the contour of your face and jawline. Within three months, you should see significant enhancement in the chin and jawline appearance due to the removal of excess fat cells, but final results will become more apparent as you approach six months post-surgery.

The small puncture wounds from the procedure may initially appear red and slightly raised. Over the first few months, scars will fade, flatten, and become less noticeable. Within six months, the scars should be well on their way to maturing, though complete healing may take a year or more.

Paresthesia (numbness and tingling) experienced after the surgery will gradually subside as the nerves regenerate. It is not uncommon for these sensations to persist for a few months, but they should improve over time.

You will likely resume your normal daily activities and exercise routines within the first 5-10 days post-surgery.

Throughout the first six months of recovery, it is essential to maintain a healthy lifestyle, including regular exercise and a balanced diet, to optimize results.

4/ Recovery Tips

To optimize the results of your procedure and ensure a smooth recovery, it is essential to adopt healthy habits and follow specific guidelines. Here are some recovery tips to consider:

Nutrition and Hydration

A well-balanced diet is crucial for supporting your body's healing process. Focus on consuming nutrient-rich foods, including fiber from vegetables, proteins, and healthy fats from cheese and nuts. Avoid carbohydrates and remember that fructose is "poison." The order in which you eat your meals is also important. Start with fiber (e.g., lamb's lettuce, green salads, broccoli), then proteins from meat, fish, or vegetarian/vegan sources, followed by fats from cheese and nuts. Finally, consume carbohydrate-dominant foods (bread, rice, potatoes) and desserts. Avoid processed foods, wheat-grain products, sugar, and unhealthy fats.

