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GUIDES

Double Chin Liposuction & Laser Lifting

Fat under the chin is removed through tiny entry dots, and laser energy tightens the skin of the neck. Recovery is short, but wearing the chin strap as instructed and massaging the area from the second week help the skin settle smoothly onto the new jawline.



1 At a glance

PROCEDURE TIME	ANAESTHESIA	GOING HOME	GARMENT / DRESSING
About 45 minutes	Local anaesthetic	Home the same day	Chin strap day and night for 2 days, then at night until 4 weeks after surgery

STITCHES	BACK TO WORK	EXERCISE
None — only tiny entry dots that close on their own	3–5 days	Walking from day 1; gym after 2 weeks

2 Before your surgery

Specific to this procedure

- Buy (or collect from us) the chin-and-neck compression strap before the day.
- Men: shave the neck the evening before.
- Bring a scarf or high-neck top for the journey home.

Preparing for surgery

IN THE WEEK BEFORE

- Stop aspirin, ibuprofen and blood-thinning supplements (fish oil, vitamin E, ginkgo, garlic, turmeric) 7 days before, unless a doctor prescribed them for your heart — then ask us first. Paracetamol is fine.
- Avoid alcohol for 48 hours before, and cut down on smoking as much as you can.
- Tell us about your medicines, allergies, and any history of cold sores, keloid scars or easy bruising.
- Let us know if you develop a fever or a skin infection in the treatment area.

ON THE DAY

- Eat a light meal beforehand — this procedure is done under local anaesthetic, so you do not need to fast unless we tell you otherwise.
- Arrive with clean skin: no make-up, creams or self-tan on the area.
- Wear comfortable clothes that are easy to take on and off over the treated area.

3 After your surgery

Your medicines

- Augmentin (antibiotic): 1 tablet twice a day, with food, for 7 days. Finish the full course even if you feel well. Tell us before surgery if you are allergic to penicillin.
- Reparil (for swelling and bruising): 2 tablets three times a day for 7–14 days, as we tell you.
- Brufen (painkiller): take it only when you need it, with food. If you cannot take anti-inflammatory painkillers — for example because of stomach ulcers, kidney problems or asthma — tell us and we will give you an alternative.

First 48 hours

- Some fluid leaking from the tiny dots is normal for 24–48 hours — the strap absorbs it.
- You can shower the same day. Pat the area dry afterwards and put the strap back on.
- Sleep with your head raised on 2 pillows for the first week.

The chin strap

- Wear it day and night for the first 2 days, removing it only to shower.
- From day 3, wear it at night only, until 4 weeks after your surgery.
- It should feel firm but not painful; if it digs in or causes numbness of the ears, loosen it slightly.

Massage

- Small lumps and firmness under the chin are normal for several weeks — massage helps them soften.
- Start gentle massage of the chin and neck 1 week after surgery, as we showed you.
- If massaging is too painful, or you are unable to do it yourself, book sessions with a professional massage or lymphatic drainage therapist — ask us and we can suggest one.

Skin and daily life

- No need to clean the wounds — they are tiny dots and close on their own within a few days.
- Avoid saunas, steam rooms and very hot showers for 2 weeks.
- Protect the neck from sun while it is bruised.

4 Your recovery, week by week

Day 1–2
Swollen, tight and bruised; strap on day and night. Showering is fine.

Day 3–5
Strap at night only from now on; most people return to work.

Week 1
Start massaging the chin and neck.

Week 4
Strap can stop. Bruising gone; some firmness under the chin may remain.

Months 3–6
Skin tightening continues; final jawline shows.

5 Follow-up visits

- 1 week after your procedure
- 3 weeks after your procedure
- 6 weeks after your procedure

Call us straight away if you notice

⚠ Rapid swelling of the neck, a feeling of tightness in the throat, or any difficulty swallowing or breathing — call 998, then us.

⚠ A temperature of 38 °C or higher, shivering, or feeling generally unwell.

⚠ Bleeding that soaks through the dressing, or does not stop after 10 minutes of firm pressure.

⚠ Swelling that is sudden, tense and painful, or clearly larger on one side than the other.

⚠ Redness that is spreading, increasing heat, pus, or a bad smell from a wound.

⚠ Pain that is getting worse rather than better, or not controlled by the medicine we gave you.

⚠ Pain, swelling or redness in a calf, or new breathlessness or chest pain — call 998 first.

⊕ **Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.**

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.