

POST-SURGICAL RECOVERY GUIDE · 09

Lymphatic drainage after chin and neck lipo

You wanted a sharper jawline.

Right now you have a chin strap, a puffy neck, and a jaw that feels tight and a little numb.

That's normal. And it's one of the most rewarding areas to support with lymphatic care.

01

What's happening in your body

The area under your chin sits right on top of some of the busiest lymph nodes in the body: under the jaw, beneath the chin, and down both sides of the neck. Chin and neck liposuction treats the fat layer where the smallest lymph vessels live, so fluid collects under the chin and along the jawline.

Because the face and neck drain downward toward the collarbones, gentle drainage clears that pathway first, then guides fluid from under the chin down and out.

Left too long, the protein-rich fluid can firm up into small bands or lumps under the jaw. Early care helps keep the tissue soft and the contour smooth.

02

Your recovery timeline

WHEN	WHAT'S TYPICAL	HOW WE SUPPORT YOU
Days 1–3	Swelling and bruising peak. Chin strap on most of the day.	Head elevated, rest, cold as your surgeon directs
Days 5–7	Neck still full, jawline blurred, tender	First session, with surgeon clearance
Weeks 2–4	Contour starts to show. Some firm spots under the jaw.	Weekly sessions. Home self-drainage.
Weeks 4–8	Tightness easing, residual puffiness in the mornings	As needed. Gentle fibrosis work if firmness lingers.
Months 2–6	Final jawline and neck contour settle	Tune-ups as needed

03

Your Renu chin lipo plan

First session: often 5–7 days after surgery, once your surgeon clears you.

How many sessions? Most clients do well with 3–5 sessions over the first six weeks. If chin lipo was combined with a neck lift or facelift, see our facelift guide, as you'll likely need a few more.

Home self-drainage: we'll teach you a short routine for the neck and jaw, a few minutes once or twice a day, so progress continues between visits.

Every session includes a check-in, tissue assessment under the chin and along the jaw, lymphatic drainage from the collarbones up, and a chin strap fit check.

04

What a session feels like

You'll rest on your back with your head slightly raised. We start at the collarbones and sides of the neck, then work up toward the jaw and under the chin with a touch so light it barely moves the skin. No pressure on the incision points behind the ears or under the chin.

Most clients leave feeling less tight, and many notice their jawline is a little more visible by the end.

05

What we will never do

- Press on incisions or push fluid out of them
- Use gua sha, facial tools, cupping or heat on fresh tissue
- Apply firm pressure to the front of the throat
- Treat through signs of infection or hematoma

06

At home between sessions

- ☐ Wear your chin strap exactly as prescribed. It shapes the result and limits swelling.
- ☐ Sleep with your head elevated as your surgeon advises
- ☐ Avoid bending low and heavy lifting early on
- ☐ Go easy on salt, and stay hydrated
- ☐ Do your self-drainage routine once you've been shown
- ☐ Skip heat, saunas and hot showers on the face and neck until cleared

WHEN TO GET MEDICAL HELP

Call your surgeon if...

- Swelling in the neck gets rapidly bigger or tighter, or you have any trouble swallowing or breathing (call 911)
- One side swells much more than the other, or becomes hard and painful (possible hematoma)
- Fever over 38°C, spreading redness or drainage from an incision
- Skin that darkens or turns dusky
- New weakness at the corner of your mouth or a lopsided smile

08 · QUESTIONS

Your questions, answered

How soon after chin lipo can I get lymphatic drainage?

Usually 5–7 days after surgery, once your surgeon clears you.

How long does swelling last after chin lipo?

Most visible swelling settles within a few weeks, but the final jawline can take two to six months to fully show.

How many lymphatic sessions do I need after neck liposuction?

Often 3–5 over the first six weeks, more if combined with a neck lift or facelift.

Why do I have lumps under my chin after lipo?

Early lumpiness is usually uneven swelling. Firm bands that last beyond four to six weeks may be early fibrosis, which responds well to gentle treatment.

Can I do lymphatic drainage on my chin at home?

Yes, once you've been shown how. Keep it very light and avoid the incisions.

Do I still need to wear my chin strap if I'm getting lymphatic drainage?

Yes. The strap and the drainage work together. Wear it as long as your surgeon recommends.

WHY RENU

Not all "lymphatic massage" is the same.

After surgery, you're trusting someone with healing tissue. Here's what you get at Renu.

Led by a Certified Lymphedema Therapist with 10 years' experience. Our post-op and lymphedema program is led by Meeghan Mackenzie, RMT since 2005 and a Certified Lymphedema Therapist since 2016. Meeghan earned her CLT through the Academy of Lymphatic Studies' 135-hour Complete Lymphedema Certification, which covers Manual Lymph Drainage and Complete Decongestive Therapy, the same standard used to treat lymphedema after cancer. She is one of roughly 350 CLTs in Canada.

Trained in the world's leading lymphatic methods. Beyond her CLT, Meeghan has trained in:

- Vodder Manual Lymph Drainage, the original method developed by Dr. Emil Vodder and the foundation of lymphatic therapy worldwide
- Földi, the German school behind Complete Decongestive Therapy, named for the Földi Clinic in the Black Forest, one of Europe's leading lymphology centres
- Chikly Lymph Drainage Therapy, which teaches therapists to feel the rhythm, direction and depth of lymph flow, map pathways by hand, and work with scar tissue and fibrosis

That combination lets us choose the right approach for your body and your surgery, not a one-size-fits-all routine.

Over 20 years of hands-on experience, with a clinical focus on oncology, lymphedema and surgical recovery.

Registered Massage Therapy receipts for your extended health plan.

Honest care. We tell you what lymphatic work can do, what it can't, and when you need your surgeon instead.

What to look for in any post-op therapist:

- A regulated health licence (in Alberta, an RMT, physiotherapist, OT or nurse)
- Formal lymphatic or lymphedema certification, not a weekend course
- Light, comfortable technique. If it hurts, it isn't lymphatic drainage
- No pushing fluid out of incisions
- Clear, published pricing, and willingness to work with your surgeon

FOR YOU TO KEEP

My recovery notes

Bring this page to your sessions. It helps us plan your care around your surgeon's instructions.

PROCEDURE

SURGERY DATE

SURGEON AND CLINIC PHONE

CLEARED FOR LYMPHATIC DRAINAGE ON

COMPRESSION INSTRUCTIONS

SESSION DATE	HOW I'M FEELING · NOTES



GIVE FRESH LIFE OR STRENGTH TO.

YOUR NEXT STEP

Chin lipo booked, or just done?

Let's help that jawline show up sooner. Call 403-270-2111 or book your first post-op session at renu.janeapp.com.

BOOK ONLINE

renu.janeapp.com

CALL

403-270-2111

VISIT

200, 209 19 St NW
Calgary AB T2N 2H9

HOURS

Monday to Friday 8:00 am to 8:30 pm
Saturday and Sunday 10:00 am to 5:00 pm

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This guide is general education to support your recovery. It doesn't replace the advice of your surgeon or medical team. Always follow your surgeon's instructions, and seek medical care for any of the warning signs listed in this guide.

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