

- Neck Lift Post-Operative Discharge Instructions -

DRESSINGS

- A facial garment has been applied to keep pressure on the neck and cheeks to minimize bruising and the chance of bleeding/hematoma
- Please do not remove the dressing or any gauze that has been put in place, Nurse Jocelyn will do this the day after surgery
- Expect some mild bleeding from the incisions to leak onto the dressing
- The facial garment must be worn at all times for two weeks following surgery. After two weeks, you may only wear the garment at night for another two weeks

DRAINS

- Drains may have been placed into your neck from behind your ears
- The drains remove blood and inflammatory fluid to help minimize bruising, swelling, and chance of hematoma
- If the drain bulb becomes full, remove the cap and dispose of the contents down the drain. Squeeze the bulb with the cap off. While holding the bulb squeezed, replace the cap. This will create suction to allow fluid to drain
- Dr. Brace or Nurse Jocelyn will remove these the day after surgery

WOUND CARE

- There are stitches holding your incision lines, the most common places for incisions are below your ears or under your chin
- Clean the incision lines twice a day with the following instructions
- Use peroxide on a Q-tip, gently clear off any scabs with the peroxide. After you have cleaned the area with peroxide, apply Vaseline or Polysporin. Keeping the incision lines greasy will help to reduce scarring
- After completing your wound care, apply a clean non-stick gauze on top of your incision line. This will prevent the facial garment from rubbing on your healing wound
- Sutures will be removed at your one week follow up appointment
- Contact Nurse Jocelyn if you have any questions about wound care

FOR YOUR COMFORT

- Gently apply ice packs to your neck. Ice is recommended for 20 minutes of every hour while awake for the first 3 days. Ice will help with swelling, bruising, and comfort
- Keep your head elevated. Sleeping propped up on pillows for the first few days will also help to minimize swelling
- Switch from the prescribed pain medication to regular Tylenol or Advil as soon as you are able to, this will prevent nausea

MEDICATIONS

- Take your antibiotic as directed until the prescription is finished
- Use Tylenol (acetaminophen) 650mg every 4 hours as baseline pain control AND/OR Advil (ibuprofen) 400mg every 6 hours. You may use both at the same time
- To minimize nausea and vomiting, use your prescribed pain medicine only if Tylenol/Advil is not sufficient to treat your pain
- Use the steroid as directed to minimize facial swelling
- Do not use Aspirin for 2 weeks after surgery to avoid nose bleeds

SHOWERING

- Do not shower or bathe after surgery until your drains have been removed
- After drains have been removed, you may want to rinse your hair with water. Please have assistance with rinsing your hair to ensure no water or product is submerging your incision lines or drain insertion sites, this can work best over a sink
- Avoid fully submerging your incisions in water until 3 days after surgery, or 3 days after your drains have been removed
- After 3 days you may very gently wash your hair

NUTRITION

- Light meals are suggested the day of your surgery when you return home
- You may resume a normal diet as soon as you feel ready

AFTER SURGERY

- Avoid strenuous exercise for 2-4 weeks following surgery, this will decrease risk for bleeding/hematoma. Walks are permitted whenever you feel comfortable doing so
- Some bleeding is expected from the incision lines and drain insertion sites, this is normal for up to a week after surgery. Ice and head elevation will help with the bleeding
- You will be wearing the facial garment for 2 weeks after surgery, wear this 24/7 unless showering or cleaning incisions. After the first 2 weeks of recovery, you will be wearing the garment for another 2 weeks only at night
- Nausea is common after a general anesthetic. Use Gravol as needed. The steroid prescription can also help with nausea

ACTIVITY/DRIVING

- Medications you were given during your surgery will be acting in your body for 24-48 hours. Do not drive, operate machinery, drink alcohol or make important decisions in the 2 days following surgery. Someone must stay with you overnight and drive you to your day after appointment
- **AVOID STRAINING, HEAVY LIFTING AND MANUAL LABOUR for 14 days after surgery**
- You may return to work as early as 10 days after surgery if you feel up to it, although you will still need to have the facial garment on for the full 14 days

When to seek medical help:

PLEASE NOTE: Call Dr. Brace's office during office hours, or go to the Emergency Room after hours and call Dr. Braces direct phone if you have any of the following or any concern of an urgent nature:

- Contact Dr. Brace's office during office hours, or go to the Emergency Room after hours if you have any of the following:
- A brisk swelling in your neck or cheeks that grows larger by the minute and is tense and firm is NOT normal. This may represent bleeding under the skin. Immediately call our office if this occurs during office hours or go to the Emergency Room
- You have an ongoing fever above 38.5°C (101.3F)
- Pus coming from your incisions
- Increasing redness, pain, and warmth coming from your incisions
- You have difficulty breathing or chest pain
- You have heavy bleeding that does not stop
- You have nausea and vomiting lasting more than 2 days
- You develop a progressive headache WITH fever, vomiting and neck stiffness

Please contact Dr. Braces office if you are hospitalized within 10 days of your surgery. In that circumstance, we will notify the College of Physicians and update them on your status.