

## **Post Operative Instructions – Neck Lift**

For the night after surgery and the rest of the week, please sleep on your back with your head elevated above your heart. Neck pillows commonly used by travelers can help maintain a neutral head position during the recovery period.

After surgery, your face will be wrapped in a light compression dressing. Your neck will feel tight, but this is normal and expected. The compression dressing will be removed by us 24 hours after your surgery.

For the first week, please limit your physical activity, and refrain from straining or lifting anything over 20 pounds. You may go on walks, but do not run or do any exercise that elevates your heart rate. After 1 week, you may start to do light aerobic workouts, and after 2 weeks you may return to full physical activity as tolerated. Please contact us if you have concerns regarding any specific activity.

### **Diet**

We suggest starting with liquids as nausea is a common side effect of anesthesia. Then you may quickly transition to a regular and healthy, balanced diet after surgery. It may be advisable to reduce your sodium intake during the first few weeks to minimize swelling. Please drink lots of liquids to help your body recover from anesthesia and surgery.

### **Wound Care**

After your postop day 1 visit, you may shower and gently shampoo your hair. It is okay to get your incisions wet but avoid scrubbing. You may air dry or gently pat dry with a clean washcloth. Use a gentle cleanser to clean your neck and the incisions.

Incisions should be kept hydrated by gently applying the provided ointment to the wound at least 3 times a day. Some patients find oral Arnica Montana and Bromelain helpful to reduce bruising as well. Both supplements can be found at health and grocery stores.

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### Pain Relief

For pain relief take the maximum dose of acetaminophen (Tylenol). Acetaminophen (Tylenol) comes in many strengths. Take the maximum dose according to the label. Please be aware and follow maximum dosage guidelines. For example, do not exceed 3,000 mg in 24 hours.

If Tylenol is not enough to help with your pain, you may take the prescribed pain medicine. Do not take both the prescription pain medicine and Tylenol at the same time, as the prescription also contains Tylenol. You should not drive, operate machinery, power tools, make important decisions, or sign documents while on narcotic pain medication.

DO NOT take aspirin, aspirin-containing compounds or non-steroidal anti-inflammatory medicines such as Ibuprofen for five days after surgery.

- ☐ Norco (Oxycodone 5 mg- acetaminophen 325 mg) \_\_\_\_\_ am/pm, every 6 hours as needed for pain
- ☐ Tylenol (acetaminophen) \_\_\_\_\_ am/pm, every 6 hours as needed for pain
- ☐ Other \_\_\_\_\_ am/pm, \_\_\_\_\_ x daily for pain

### Antibiotics

You may take 1 dose of antibiotics the night of your surgery day. Starting the next day, take your antibiotics as directed until they are gone. It can be helpful to take probiotics with antibiotics to preserve your gut health.

- ☐ Cephalexin 500 mg \_\_\_\_\_ am/pm, twice daily
- ☐ Clindamycin 150 mg \_\_\_\_\_ am/pm, three times daily
- ☐ Other \_\_\_\_\_ am/pm, \_\_\_\_\_ x daily

### Anti-nausea

Anti-medication can be taken as needed

- ☐ Zofran (Ondansetron) sublingual 4 mg \_\_\_\_\_ am/pm, twice daily

**Follow Up Visits**

You will return to the office several times in the first week after the operation. Additional follow-up visits will be at 1 month, 4 months, and 12 months after surgery. You may have postoperative pictures taken at these visits to document your progress.

**Long-term Care**

Awaiting your final result takes a lot of patience. Waiting is certainly the hardest part! On average, only the closest family members and friends will be able to notice swelling in 2 weeks. After four weeks, you will be looking much improved, but there is still some swelling left. While patients typically look great at one month post-surgery, we suggest waiting at least 3 months for important social events and photoshoots.

Makeup and sunscreen may be applied 1 week after surgery, but please avoid the incisions and areas resurfaced with laser treatment (if applicable). After 2 weeks, makeup and sunscreen may be applied everywhere. Because your skin is more sensitive to heat and UV rays after surgery, please continue to protect yourself for at least 3 months after surgery with sunscreen and a wide-brimmed hat. Wearing sunscreen daily is recommended since excessive sun exposure hastens the aging process.

Numbness over neck skin is also normal following surgery. You will gradually regain sensation, but on average it takes 4 months for this to fully recover and can take up to a year.

**Postop Caretaker and Ride**

- You need a responsible adult (family member, friend, or postop-op nurse) with you for at least 24 hours after your discharge from the Surgery Center.

Call the number below to report any of the following:

- Persistent nausea or vomiting
- Persistent chills or fever greater than 101° F
- Persistent bleeding that keeps the dressing wet
- Pain at a level that is intolerable despite pain medications, icing, and elevation
- Sudden onset of calf pain, redness, or swelling
- For difficulty breathing, shortness of breath, or chest pain call 911 immediately

**If you have more questions or concerns, please call or text us at (503) 382-8899.**

Caregiver signature \_\_\_\_\_ Date/Time \_\_\_\_\_

Provider signature \_\_\_\_\_ Date/Time \_\_\_\_\_