



DR. COURTNEY
PLASTIC SURGERY

NECK LIFT

Postoperative Care

POST-OP:

The first 24 hours are best spent resting. You must have someone with you at all times for the first 24 hours and he/she must also read these instructions carefully. You should have someone assist you when you start ambulating (moving around).

- **1 week follow up:** Will remove all sutures. Start lower lid compression massage and squinting.
- **2 week follow up:** Remove all remaining sutures to face/neck/brows. Remove any screws or staple

DIET:

Resume a healthy, balanced, normal diet as you feel up to it.

ACTIVITY:

Do not turn your head to the side. When looking left or right, turn the whole body for 3 weeks after surgery. Avoid strenuous exercise for a minimum of 3 weeks. Avoid swimming for 4-6 weeks. Avoid direct contact with the sun and use a sun block of SPF 30 or higher.

SHOWER:

You may begin showering one day after your surgery, except for the face. Use lukewarm water.

DRESSING:

The large bandage on your head and face is usually removed on your first follow-up visit the day after surgery. Once this bandage is removed, a soft cervical collar (commonly known as a "whiplash" collar) should be worn for 1-2 weeks continuously, then nightly as tolerated for another 3-4 weeks. This provides comfortable support for your neck and aids in more rapid healing

CLOTHING:

For ease in changing clothes without discomfort, wear clothing that does not require going over your head. Wear loose jogging type clothing on the day of surgery

MEDICATION:

Resume your home medications. Do not take any aspirin containing products or blood thinners (Goody's, BC Powder, Ibuprofen, Aspirin).

PROBLEMS:

If you have any problems or questions following surgery, please call Elsa at (713) 489-1630 or email Elsa@drcourtney.com

Print Name:

Signature:

Date Received