

Neck lift

Post Operative Instructions

Wound Care

- Keep your incisions clean and dry. You will have a wrap around your head until your first post operative appointment.
- Expect swelling and bruising, which is normal and will subside over the next few weeks.
- **Elevate your head** while sleeping for the first few days to help reduce swelling. Use extra pillows to keep your head propped up.

Medication

- Take any prescribed medications **exactly as directed** to control pain and prevent infection.
- Drink plenty of fluids & take a stool softener if you continue to take the pain medication.

Activities

- Avoid strenuous activities for at least 3 weeks to reduce the risk of complications, such as increased swelling, bleeding, or strain on the incisions.
- No heavy lifting (anything over 10 pounds), bending over, or vigorous exercise.
- Take short walks or engage in light activities once cleared by your surgeon, but avoid overexertion.
- **Do not smoke** during the recovery process as it can impair healing by reducing blood circulation to the skin.
- For the first few days, **sleep with your head elevated** (using extra pillows) to minimize swelling and pressure on the facial tissues.
- You may shower after your first post operative appointment. It is okay to get soap and water on incision, pat dry afterwards.

Contact your surgeon immediately at 601-987-6581 if you experience:

- Excessive bleeding or unusual discharge from the incisions.
- Sharp or severe pain not relieved by prescribed medications.
- Signs of infection, such as redness, warmth, or swelling that increases instead of decreases
- Vision changes (if applicable) or difficulty seeing
- Fever greater than 100.4

