

POST-OPERATION INSTRUCTIONS

Neck Lift

Post-Operative Instructions:

1. Take your medication as prescribed. The pain medicine may cause constipation so eat a lot of salad or fiber and take the laxative of your choice if necessary.
2. The sutures will be removed on Days 4 and 7. Keeping the neck position at 90 degrees (head vertical, not tilted down) is the most important step in your healing process in the first week to 10 days. Your hearing may be decreased- alert the nurse as the ear canal may be blocked.
3. You must wear the neck compression garment except when showering. This will be worn for 3 weeks as much as possible and then at night for 3 months. The skin of the neck may feel numb for 3 to 6 months and this is normal. If you develop swelling in the face or neck then call the office and let the staff know.
4. Light activity such as walking is encouraged after your surgery. Do not lie still for long periods of time – as you increase your risk of developing a blood clot in the legs. When lying down, have a pillow under your knees and behind your head
- 5.. If you smoke, reduce the amount as much as possible two weeks before and two weeks after surgery.
6. There may be some bruising and swelling – this is normal and will gradually resolve one to three weeks following surgery and in some cases can take 4 months to resolve.
7. As part of your post-operative care you need to book for GentleWaves treatments twice a week for the first month- this is a light therapy that takes a minute or two and will improve the rate of wound healing.
8. If you have any concerns please do not hesitate to call the office immediately.
9. Take the nutritional supplements which help with wound healing and speeds up your recovery.