

AESTHETIC SURGERY
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RECONSTRUCTIVE SURGERY
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POST OPERATIVE CARE NECKLIFT

Post op care:

- Ice packs to face 24-48 hours ***Do not exceed 20 min on/20 min off**
- Keep head, neck, and shoulders elevated while sleeping
- Remove ALL dressings 24 hours after surgery
- Ok to shower with shampoo 24 hours after surgery
- Chin strap should be worn 24 hours a day until 1st post op appointment (remove while showering, replace after) Wear at night to sleep.
- No straining, lifting, or bending for 1-2 weeks
- Ok to take Tylenol and Ibuprofen immediately after surgery
- Take pain medication, antibiotic, and other prescribed medicines as directed (do not take with other acetaminophen medications such as Percocet)
- No make-up until at least 24 hours after suture removal
- Avoid exposure to sun, use sunblock and hat.
- No hair coloring for 3 weeks post op.
- Can operate a motor vehicle 24 hours after last dose of narcotic pain medication
- Do not smoke—smoking delays healing and affects circulation
- Rest – can resume most activities in 2-3 weeks and exercise in 4-6 weeks

What to expect:

- Swelling and bruising can occur 48-72 hours post op. May take several weeks for bruising and several months for swelling to resolve
- Moderate discomfort usually described as tightness or pulling sensation
- Asymmetry- right and left sides will heal at different rates
- Constipation may occur with narcotic pain medicine – increase fluid intake and use mild laxative or stool softener if needed
- Numbness, tingling, and sensitivity will persist for several weeks to months

DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS OR CONCERNS

Pain medication: _____

Antibiotic: _____

Swelling: _____

Follow-up: _____