

Neck Lift/Face Lift Post-Operative Instructions

General Instructions

- Someone must drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet with high protein and fluid intake.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots
- Do not drive until you are no longer taking any pain medications (narcotics).
- Refrain from vigorous activity for 2-6 weeks. Increase activity gradually as tolerated.
- Avoid lifting anything over 5 pounds for 2 weeks.
- Resume social and employment activities in about 2 weeks (if not too strenuous).
- Wear the jaw bra/wrap as much as possible for 2 to 4 weeks post op. At minimum, wear while at home and while sleeping.

What to Expect

- You will be placed in a gauze head wrap immediately after surgery. You may have 1 or 2 drains that exit from behind the ears and secured by the head wrap.
- Expect moderate drainage on your initial dressing.
- Maximum discomfort will occur the first few days after surgery.
- You may experience temporary soreness, bruising, swelling and tightness in the neck and face as well as discomfort in the incision area.
 - Due to the tightening of your platysmas muscle (neck muscle), you may experience tightness/choking sensation that becomes worse with eating or movement of the neck. This is normal and will resolve/loosen over time.
- You may not have sensation in neck tissue, skin, and around the incisions. This usually returns as your body recovers and can take up to 12 to 18 months to return.
- You may have random, shooting pains and itching throughout the surgical site and along incisions for a few months. This is part of the normal healing process.

Appearance

- Most of the discoloration and swelling will subside in 2-4 weeks.
- Scars may be red and angry looking for 6 months. In time, these usually soften and fade.

Incision Care

- Leave dressings and head wrap in place until follow up appointment. Drainage and oozing onto the dressings and head wrap is expected. The head wrap and drains will be removed at your follow up visit.
- You may have permanent blue colored sutures in the incisions on the ear and under the chin. These need to be removed by your surgeon within 5 to 7 days of surgery to prevent track marks from forming.
- You may shower 72 hours after surgery.
- Oozing and some bleeding from the incisions can occur. You may pad the incisions with gauze for comfort.
 - We recommend using vitamin-e lotion, tea tree oil, or cocoa butter over the incisions 3 times daily.
- Avoid exposing scars to sun for at least 3 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater). We recommend sunscreen that contains zinc oxide.
- No tub soaking/swimming for 1 month.

Follow-Up Care

- Follow up within 3 to 5 days of surgery.
- Drains will be removed within 3 to 5 days or once under 30cc in a 24 hour period
- You may have permanent blue colored sutures in the incisions on the ear and under the chin. These need to be removed by your surgeon within 5 to 7 days of surgery to prevent track marks from forming.

When to Call

- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

For Medical Questions, Please contact:

- Katie Leemaster PA-C at katie@districtps.com or Dr. Praful Ramineni at doc@districtps.com
- (202) 742-3999, Monday - Friday, 8 a.m. - 5 p.m.

Please Email Jackie at jackie@districtps.com to set up your post op appointment for Monday/Thursday
_____ (please give preference of morning or afternoon post op appointment).