

# NECKLIFT SURGERY

## POSITIONING IN BED

It is NOT necessary to sit up or sleep on a recliner

It is important **not** to flex the neck (point chin down towards the neck) for about a week after surgery. Reading should be done by elevating the material to eye level without flexing the neck

After 24 hours, you may start washing your face with a neutral or bland soap. **Wear your compression garment 24 hours a day for approx. 5 days after surgery, or when Dr. Saldaña gives you the ok to stop wearing.**

**Do not apply** any cream or ointment containing vitamin E or Mederma over the incision after surgery.

You may walk and climb stairs as soon as you feel fit to do so without any restrictions.

Gradually work back up to pre-surgical activities after three weeks.

Strenuous activity can be resumed after 6 weeks.

## Smoking

Do not smoke for at least 6 weeks before and after surgery. Stay away from places where people do. Smoking can slow healing and cause skin breakdown. It can also cause death of tissues.

## Other instructions

For two weeks after the operation, do not use Aspirin, ibuprofen or similar medications. You may use regular Tylenol. You should do breathing exercises for one week after surgery or until you are able to

get up and walk around comfortably. This is to prevent pulmonary complications of general anesthesia

## **When to call the office**

Call the office if you are unable to tolerate food or liquids for more than 24 hours; are vomiting for more than 24 hours or become dehydrated even if less than 24 hours.

Call immediately if there appears to be excessive swelling/ a golf ball under the skin like appearance over the neck.

Call the office immediately for a fever of 101F or higher.

Call the office if there is increasing pain, redness, swelling, and warmth or pus drainage at the incision/wound.