

# AFTER NECK LIFT SURGERY

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WHAT TO EXPECT	Discomfort and tightness below the jawline is common. Temporary bruising, swelling, and numbness are common the first night after surgery. A headband style compression garment will be applied after surgery and is to be worn for the first week following surgery. The most swelling typically occurs for the first 4-5 days after surgery, so be sure to wear the compression garment at night time as well.
ACTIVITY	Rest at home for 1-2 days following surgery. During the first week of recovery, you should move and be mildly active, including going for walks to aid circulation in your lower extremities. However, do not attempt heavy lifting or strenuous activity until 6 weeks after surgery. Most patients are comfortable to return to work after 1 week.
AFTERCARE	You may use make up and facial creams after 3-4 days but please be careful to avoid suture lines. You may resume driving at your discretion and once you feel comfortable, but not under the influence of pain medication. Protect your incisions from sun exposure for at least 3 months after surgery to lessen chance of scarring.
SLEEP	Sleep with your head elevated to minimize swelling.
MEDICATION	Take your pain medication and antibiotic as prescribed. Do NOT take Advil, Aspirin, or Aleve products for two weeks after surgery. You may take Tylenol products.
BATHING	Showering and bathing are permitted the next day after surgery. Try to keep incisions as clean and dry as possible for two weeks following surgery. Be cautious when applying hot water, hair dryers, and combs; your scalp will be numb, so they may damage your skin or hair.
SUTURES	Typically dissolvable sutures are placed along incisions. If sutures are placed that need to be removed, we will set up an initial follow up visit 5-7 days after surgery to remove them.

**Please feel free to call the office at any time if you have additional questions or concerns at 713.627.1200.**