



NECK LIFT

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (480) 423-1973.

REMOVE THIS LINE AFTER YOUR DOCTOR HAS REVIEWED AND APPROVED CONTENT.

No HOT, WARM or COLD compresses to the surgical area.

You can expect:

- Moderate discomfort-which should be relieved by your pain medication
- Moderate swelling
- Black and blue discoloration
- Some bloody drainage into the drain reservoir, if drains are used
- Some drainage on the bandage

Call the office if you have:

- Severe pain not responding to pain medication
- Marked swelling or obviously more swelling on one side than on the other;
- More than 50 cc of bloody fluid collecting in drainage reservoir in an eight-hour period
- Bright red drainage on bandages that continues to enlarge

You will be instructed when you may shower and shampoo after surgery. When you have been given this clearance, it is requested that you gently shampoo your hair daily. Stay on a liquid or very soft diet for the first three to four days. Then for the rest of the week, eat only foods that require minimal chewing. Limit talking for the first three to four days. Limit lifting, pulling or pushing for 10 days.