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**The Cosmetic Surgery Clinic**

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## Care After A Neck Lift

### ACTIVITIES

- **Please ensure you get up and walk around every hour while you are awake.** When sitting or lying pump your feet up and down at regular intervals when awake to increase your circulation, minimizing the risk of blood clots. You must avoid strenuous activities and exercise for about six weeks.
- **Please ensure you are doing deep breathing and coughing** for 3-4 days following your surgery each hour while you are awake (breathe in through your nose and out through your mouth three times on the third breath out give a big cough). You may feel more comfortable reinforcing the operative area with your hands while doing your deep breathing and coughing exercise.
- To reduce swelling when resting, keep your head elevated to 45-degree angle, you should expect your neck to be very swollen/bruised.
- If you need to bend over, bend at the knees to decrease a rush of blood flow to your head.
- No heavy lifting immediately after surgery. Avoid lifting anything over 5lbs for the first week after surgery. You may lift up to 10lbs during the second week.
- You may resume sexual activity when you feel comfortable. Generally, waiting 6 weeks is adequate, but each patient may feel differently. Use your discretion and listen to your body and how you are feeling.
- You will have a follow up phone call 1 day after your surgery. You will then come back to the clinic around day 5-7 to have stitches/staples removed. If you do not have an appointment scheduled, please contact the clinic to arrange one.

### MEDICATIONS

- Please do not take any Advil, Ibuprofen, Aspirin, Motrin, or Anacin unless this has been discussed with your doctor or one of the clinic's nurses.
- You may have been given the following medications: Oxycodone and/or Acetaminophen (Extra Strength Tylenol) for pain management, Colace (Soflax) to prevent constipation, Lyrica (Pregabalin) for pain management/nerve receptor blocker, and Celebrex (Celecoxib) to help with swelling/inflammation.
- Straining such as lifting, vomiting and excessive coughing are to be avoided as much as possible as this may cause bleeding. If you experience nausea, take Gravol as directed on the package 15-20 mins before you take your prescribed pain medication.
- Take Tylenol for discomfort instead of your narcotics when you feel able.
- Begin taking your stool softener (Colace) after your surgery and continue as needed. If you are still experiencing constipation, speak to your pharmacist about taking a laxative.

- If you have been given a prescription for antibiotics, start taking them on the day of surgery and continue until all the medication is finished.
- If you have been given Arnica, you may continue to take the Arnica the night of your surgery and continue to take it until it is finished.
- **Do NOT apply any hot/cold packs as they risk damaging your skin!!!**

### **DRESSINGS and SHOWERING**

- You may shower the day after your surgery if you feel up to it. You must shower within 48 hours after your surgery. Please have someone present with you for your first shower and do not lock the bathroom door as you may become dizzy. DO NOT take a bath, swim, or sit in any hot tubs until your incisions are fully healed.
- Remove all your dressings before showering. If the dressings are stuck, get into the shower, and get the dressing wet. It will be easier to remove once it is wet.
- Gently clean incisions daily with mild soap and warm water. Pat dry then apply a thin layer of Vaseline for the first 3 days to your incisions.
- If you have any minimal drainage, you may apply a small amount of gauze over this area until there is no further drainage. Avoid using tape to secure the gauze.
- Re-apply your compression garment if you have been given one. If there is white spongy dressing under your garment, please put it back under your garment where you found it. Your garment should give your neck a gentle hug, please adjust the strap as needed.
- Your TED stockings must be worn for 2 weeks post op day and night.
- The garment and the TED stockings should be hand washed with water and laundry soap as needed. You can then put them in the dryer on a gentle, low heat tumble dry. We recommend you wash your garment(s) and then put them in to drier while you have your shower, so they are ready to be put on when you are done.
- Your skin was cleaned with an antiseptic solution before surgery. You may also have some residual pen markings. The solution and pen markings will gradually go away with showering.

### **WHAT YOU CAN EXPECT**

- You will have moderate discomfort, heaviness, and some burning sensation around your operative area. This pain and discomfort should gradually improve. If your pain begins to increase and is unmanageable, please contact the office.
- Moderate swelling and bruising will occur, and this is normal. The swelling will be at its maximum at 2-4 days after surgery. Swelling will gradually improve over the next 3-6 weeks.
- It is possible after a general anaesthetic to experience some nausea or vomiting, dizziness, sore throat, headache, muscle aches or fatigue. These symptoms will usually settle within 48 hours. Drinking lots of water and eating healthy will help with these symptoms. If they do not resolve after 48 hours, please call the office, and speak with one of the clinic's nurses.

Please note that you will NOT be able to work on the day of your procedure. **YOU ARE NOT ALLOWED TO DRIVE, MAKE ANY IMPORTANT DECISIONS OR OPERATE ANY TYPE OF MACHINERY FOR 24 HOURS AFTER YOUR SURGICAL PROCEDURE.** This is the law.

If you need to go to an Emergency Room/hospital/walk in clinic/family doctor for any reason **within 10 days** after your surgical procedure, you need to inform The Cosmetic Surgery Clinic of your visit.

**If you have any questions or problems, please do not hesitate to call the office at 519-746-1132, or if it is after hours and you urgently need advice, you may contact Dr. Shenker directly at 905-531-1864. If you cannot reach Dr. Shenker, and you need attention urgently or it is an emergency, please go to your nearest emergency department.**

*Please call and speak with one of the nurses or Dr. Shenker prior to going to your family doctor, Urgent Care or Emergency room or calling Telehealth for care. We are here to help you in your recovery process.*

**Last Medication Dose received:**

Acetaminophen 1000mg (2 tablets) @ \_\_\_\_\_ (pain reliever)  
Celebrex 100mg @ \_\_\_\_\_ (pain reliever/swelling)  
Docusate Sodium 100mg start tonight

Your last narcotic dose was @ \_\_\_\_\_