

Necklift

Postoperative Instructions

DIET

You may eat a normal diet. However, start with clear liquids and bland foods such as toast or crackers and then advance to a more normal diet as tolerated.

ACTIVITY

Sleep on several pillows so your head is above the level of your heart. This will help to minimize swelling.

No heavy lifting (more than 10 pounds) for 4 weeks.

No strenuous activity for 4 weeks. You may begin light exercise after 2 weeks.

WOUND CARE

Leave your dressing on. It will be removed at your first postoperative visit.

You may shower and wash your hair after the first postoperative visit. The incisions can get wet; just pat the area dry. If you use a hair dryer, place it on the cool setting so as to avoid burning any areas that may be numb.

Place antibiotic ointment on your incisions 3 to 4 times daily for the first 3 days and then switch to vaseline. Wear facial support garment is provided, wear as instructed.

Do not use make-up until OK'd by the physician. Usually, make-up is permitted after one week.

MEDICATIONS

Take the pain medicine and blood pressure medicine as prescribed. For the first 24 to 48 hours you will be more comfortable if the medicine is taken on a regular schedule rather than waiting long periods between doses.

WHAT TO REPORT TO YOUR DOCTOR

- Unusual or severe pain unrelieved by your medication.
- Excessive bleeding or continued bleeding not decreasing over time
- Excessive swelling and or redness of the surgery site
- Persistent vomiting, significant neck swelling, shortness of breath
- Discomfort from a full bladder or have not urinated in 8 hours
- Temperature over 101° F

FOLLOW-UP APPOINTMENT

Your follow-up appointment with Dr. Leyngold is scheduled for _____.

If any problems, concerns or questions, please CALL THE OFFICE at (208)900-4673. Follow the instructions for the doctor on call. If you feel your symptoms are an emergency, go to the Emergency Room closest to you or call 911.

A GUIDE TO YOUR PRESCRIPTION MEDICATIONS

ZOFRAN: This medication is for the prevention of nausea after surgery.

OXYCODONE 5mg. Take 1tab by mouth every 8 hours as needed for pain

CELEBREX (Celecoxib) 200mg: One tab by mouth two times daily.

NEURONTIN (Gabapentin) 300mg: One tab by mouth three times daily

CLONIDINE:

This medication is for blood pressure.

INSTRUCTIONS: Take one tab one hour prior to surgery

Then take one tab every 8 hours after surgery, TOTAL of three doses.

SINECCH (Arnica Montana, herbal remedy): OPTIONAL

This medication is for bruising and swelling

INSTRUCTIONS: As directed on box.

Marena Compression wear:

<https://marenagroup.com>

Fax is 678-802-6371 or Call 888-462-7362

