

Plastic Surgery of Texas

Ben J. Tittle, M.D.

Post-operative Instructions For Neck Lift

The following list is a guideline of instructions for post operative care. We will go over all of these at your pre-operative visit, and any special instructions you may need as each patient and surgery is unique. Please, always ask if you have any questions.

1. Make sure that you eat something before taking any of your medications to avoid an upset stomach. You may also want to take some stool softeners as the anesthesia and pain medication can cause constipation.
2. It is important that you keep your head elevated when resting or sleeping for the first 5-7 days. This will help minimize swelling and bruising.
3. You will have a compression garment that you will need to wear 24 hours a day for the first 3-4 days. This should be snug, but comfortable. You can and should adjust this as needed and you may remove to shower, but make sure to replace it when you are done. After the fourth day you can wear this at night only for 4 more days.
4. We ask that you refrain from any exercise or work-out regimen for 2 weeks. You can walk around and do activities of daily living, but please do not do anything that will raise your heart rate for an extended period of time. You will be able to resume exercise after the 2 week post-op period is over, listen to your body and start out slowly with a gradual increase back to your normal regimen.
5. You may do activities of daily living, but do not lift anything heavier than a gallon of milk.
6. You will have multiple follow-up office visits. These are so that Dr. Tittle can monitor your progress and so that you will be able to ask any questions you may have through out the recovery process. If you ever have any concerns or questions please call the office we are happy to assist you in any way.