



**TUAN A. TRAN M.D., M.B.A, F.A.C.S.**

**Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery**

---

*General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery*

## **Neck Lift**

### **Post-Operative Instructions**

#### **After Surgery**

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest and follow a balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by Dr. Tran.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

#### **Activity Level**

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Return to work in approximately 2 weeks.
- Avoid strenuous exercise and activities for 6 weeks.

#### **Care for the Incision Site**

- If a drainage tube(s) has been placed, you may shower 48 hours after removal.
- Avoid exposing scars to the sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep surgical glue and/or steri-strips on.
- Keep incisions clean and inspect daily for signs of infection.
- Hair can generally be shampooed in 2-3 days.
- Hair bleach and/or a permanent can be applied after complete healing, usually 3-4 weeks.
- When using a hair dryer, never use a "hot" temperature setting, as you may not have feeling in the operated area.

#### **Discomfort**

- Minimal postoperative pain.
- Temporary numbness.
- Swelling, discoloration, and tightness of skin for 10-14 days.



**TUAN A. TRAN M.D., M.B.A, F.A.C.S.**

**Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery**

---

*General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery*

## **Follow-up**

At your pre-operative appointment, our office staff will schedule a follow-up visit for you within 7-10 days following your procedure. At this appointment, Dr. Tran will remove your sutures and provide you with further care instructions.

## **Possible Problems/Emergency**

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.

### *References:*

University of Michigan Health System. (2015). *Neck lift: Post-operative instructions*. Retrieved by <http://www.med.umich.edu/1libr/Surgery/PlasticSurgery/Cosmetic/NeckLift-postop.pdf>