



# TAROLA PLASTIC SURGERY

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## Neck Lift

**Position:** Keeping her head elevated as much as possible will help to reduce postoperative swelling. If you can, sleep on 2 or 3 pillows to keep her head above the level of her heart.

**Drains:** A small drain may be placed under the skin and brought out through a small incision made in the hairline. The drain evacuates the fluid that can accumulate after surgery and enables you to heal faster. You will be given proper drain care in the recovery room after surgery.

**Bleeding:** Small amount of oozing and bleeding after surgery are normal. The dressing maybe stained and the size of the stain may enlarge after you go home - this is normal. If serious bleeding occurs, apply pressure and call us. Bleeding under the skin flaps that causes serious swelling and discomfort is very uncommon, but if it does occur, it requires attention and evaluation by her surgeon. Call us at 615-624-8914 immediately.

**Sutures:** If you have sutures in front of the ear or an incision made under your chin, these sutures will also be removed 4-6 days after surgery. The staples within your hair and the sutures behind the ear are removed 9-12 days after surgery.

**Sunscreen and makeup:** It is imperative that you're scars be protected from the sun for a good 6 months after surgery. Use a sunscreen with a SPF of at least 30 at all times. It should be applied before your makeup. You may begin applying makeup 2 days after your sutures are removed. We provide this service to help maximize the benefits of your "new look."

**Skin care:** All the skin of the face and neck may feel dry and chapped after surgery. We recommend that you make frequent and liberal use of a good moisturizer without fragrances in it.

**Hair care:** After a neck lift, most patients experience a temporary change in the texture and manageability of their hair. Your hair is reacting to the "shock" of surgery and will recover naturally within 6 weeks. If you color or perm your hair, plan to have it done before surgery or wait until 6 weeks afterward for best results. Your hair will be a little lifeless during that period of time.

**Shampoo:** Forty-eight hours after surgery, you may wash your hair. You may prefer to have your hairdresser washed it for you. In either case, a hair dryer, if used at all, should be kept on the lowest heat setting, as your scalp may be partially numb.

**Activity/sports:** We want you to avoid straining or any aerobic activity for at least 3 weeks after surgery. This is to avoid bleeding, bruising and swelling. Do not resume strenuous exercise for 3-4 weeks. Dr. Tarola will give you clearance to increase your activities according to the progress of your recovery.

**Driving:** You may resume driving when you feel you're able, but wait at least 2 days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, don't drive!

**Sexual activity:** You may enjoy sexual activities as you're body allows the following restriction: Please reread Activity/Sports above and applied the same concept to sex.