



TAROLA PLASTIC SURGERY
NICHOLAS A. TAROLA, MD

NECK LIFT

Position: Keep your head elevated as much as possible to reduce postoperative swelling. If you can, sleep on 2 or 3 pillows to keep head above the level of the 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 instructions in the recovery room after surgery.

Bleeding: A small amount of oozing and bleeding after surgery is normal. The dressing may be 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 the surgeon. Call us at 615-624-8914 immediately.

Sutures: If you have sutures in front of the ear or under the chin, they will be removed in 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 your scars be protected from the sun for 12 months after surgery. Use a sunscreen with at least a 30 SPF at all times. It should be applied before your makeup. You may begin applying makeup 2 days after your sutures are removed.

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 fragrance-free moisturizer.

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 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 wash 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. You may resume strenuous exercise in 3-4 weeks. Dr. Tarola will give you clearance to increase your activities according to the progress of your surgery.

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 your body allows with the following restrictions: Please re-read Activity/Sports above and apply the same concept to sex.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever (over 101°), severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch**

- **Excessive bleeding or fluid seeping through the incisions**