



**MFAS**

MICHIGAN FACIAL AESTHETIC SURGEONS

Look  
as Good  
as  
You Feel

## NECK LIFT GUIDELINES

- ▶ Keep your head elevated on 2-3 pillows at all times for the first 3-4 days following surgery. Once your operative dressing is removed you may use ice to the area under your chin. The ice should be applied for no more than 30 minutes and then removed for 30 minutes before reapplying. Do not bend over and do not pick up anything weighing more than ten pounds for 7-10 days following your surgery. Avoid strenuous exercise for 2 weeks following your surgery. You may get up and walk around, this is in fact encouraged and will aid in decreasing your post operative swelling and promote quicker healing.
- ▶ You will have a supportive dressing for the first 24 hours after surgery. You will return to the office the day following your surgery to have the dressing removed. A nurse or doctor will review with you how to clean your incision lines and how often this should be done (2-3 times daily until the sutures are removed or if absorbable sutures are used until there is no further drainage or crusting on the incision lines). Apply antibiotic ointment to the suture lines after cleaning them.
- ▶ You may be asked to wear a support garment for your neck while you are at home and at night. The staff will review with you how to apply the garment and how often you are to use it if your physician wants you to have the support garment.
- ▶ Your sutures generally will be removed 5-6 days after your procedure. Sometimes an absorbable suture is used that does not require removal.

**The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.**

---

Patient Signature

---

Date