



JONATHAN HEISTEIN, M.D.
PLASTIC & RECONSTRUCTIVE SURGERY

NECKLIFT HOME INSTRUCTIONS

DIET

- Start with a light diet – mainly liquids, then progress to a regular diet.

ACTIVITY

- Take it easy and do not schedule any significant activities for the first 1-2 weeks.
- Avoid any strenuous activity.
- Do not bend over or do any heavy lifting over 5 lbs.
- Before beginning weight lifting, jogging, high impact aerobics or any sports, check with Dr. Heistein.
- Deep breathing exercises should be done every hour while awake for the first 48 hours.
- Sleep with your head elevated (i.e. in a reclining chair or sleep with 2 pillows in bed).

MEDICATION

- ***Do not take aspirin/ibuprofen-type pills unless directed by Dr. Heistein!***
- Take pain medication as prescribed and directed.
- You MUST continue to take the antibiotic until the drains are removed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain (but not in combination with the prescribed pain medicine).

WOUND CARE

- ***Do not smoke!***
- Keep the dressing surrounding your head and neck clean and dry.
- The bandage will be removed by Dr. Heistein in 24-48 hours. You may then shower and wash your hair. Use mild soap. Do not scrub incisions – just let water run over them gently.
- After your first dressing change, then apply THIN layer of Neosporin or Polysporin ointment to incisions twice daily.
- If you have drains in place, then empty them every 12 hours and record the drainage output.

PROBLEMS

Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:

- Temperature above 101.
- Excessive drainage.
- Increased pain that is not relieved by pain medication.
- Excessive tenderness, swelling, and bruising at the operative site
- Any problems with the dressing, wounds, or drains.
- ***If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.***

ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief. You may have muscle soreness, a jittery feeling, or nausea for 24-48 hours.
- If you had local anesthesia, you may have pain at the incision site when the medicine wears off.

SPECIAL INSTRUCTIONS _____

FOLLOW-UP

- Please call tomorrow to schedule your post-operative appointment for _____ (unless previously scheduled)