



JONATHAN HEISTEIN, M.D.  
PLASTIC & RECONSTRUCTIVE SURGERY

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## 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)