



Necklift Post-Surgery Instructions

1. Carefully read the “General Post-Surgery Instructions” sheet.
2. Keep head elevated on at least 2 pillows. Sleep only on back. Do not roll on your side.
3. Swelling and bruising of the lower eyelids and anterior cheeks is variable. Ice packs (ice cubes, crushed in a towel with a hammer, placed in baggies) over the eyes and cheeks for the first 24-48 hours are very helpful. Place wet 4 x 4 gauze or wet wash cloth over the eyes and cheeks and then place the ice packs over the wet gauze or washcloth for 20 minutes. Keep pressure over the ice packs. After 30-60 minutes without the ice packs, repeat the procedure. Continue this for 24-48 hours during your waking hours if possible.
4. Different procedures require different types of dressings. This dressing will be removed in 24 hours after surgery by Dr. Merheb.
5. After the dressings are removed, you may shower or bath and shampoo your hair. Do not allow the shower stream to directly hit the incision lines. You may gently wash over the incision line whether they are closed with sutures, staples, or Dermabond (tissue glue).
6. Care for all incisions as directed in “General Post-Surgery Instructions.” The incisions behind the ears take longest to heal completely.
7. Avoid unnecessary turning of the head and neck for 4 weeks.
8. Camouflage make-up may be applied to discolored areas 5 days after the surgery.
9. No high impact exercise for 1 month after surgery. You may exercise on a stationary exercise cycle. No weight lifting for 1 month.
10. Do not hesitate to call us anytime with questions during office hours 309-683-3223 or after hours 309-868-2525.