

PHPS PACIFIC HEIGHTS PLASTIC SURGERY

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INSTRUCTIONS AFTER(SIMI)NECK LIFT

1. You should wear your garment night and day for the first week, except when showering. It should be worn for an additional month but only at night.
2. When showering: DO NOT SHOWER THE NIGHT OF YOUR SURGERY. PLEASE DO NOT SHOWER UNTIL YOU HAVE SEEN DR. KAPLAN FOR YOUR 1 DAY POST-OP APPOINTMENT.
3. Future showers: TAKE OFF ALL THE GAUZE AND LET SOAP (PREFERRABLY ANTI-BACTERIAL) RUN OVER THE INCISIONS. Put on the clean fresh garment after your shower.
4. Please change any bandages or dressings daily. Only use them if you need them to protect your clothing from drainage. Bandages are optional once the incisions are comfortable.
5. It is normal to experience swelling and bruising in the area of liposuction. Other normal findings are:
 - Areas of numbness on the skin for up to six months
 - A cherry-colored drainage from the incisions during the first few days
 - Redness of the surgical scars for three to six months after surgery (this will slowly fade)
6. Keeping your head elevated above your waist will help reduce swelling. If you are not comfortable sleeping with your head elevated, you may sleep flat. It is more important to get a good nights rest.
7. Please DO NOT use hair dryers, blow dryers, hot rollers or curling irons until the numb areas have some return of sensation. It is very easy to burn your skin using these appliances. This could result in skin loss and scarring. If you choose to use a hair dryer, use it on the cool setting.
8. **Please call Dr. Kaplan at the first sign of:**
 - **Excessive (severe) pain and/or swelling**
 - **Redness, drainage, or odor from the incisions**
 - **Fever or chills**

- **Shortness of breath**

9. It is extremely important that you do not smoke or have any form of nicotine for a minimum of two weeks after surgery. Smoking will delay the healing process or cause skin loss, which increases your risk of postoperative complications. Also, continue to avoid aspirin and other anti-inflammatory medications (NSAIDS), vitamin E, and herbal medications for one week after surgery.
10. You may resume light activity such as walking and light lifting (up to 5 pounds) within the first few days after surgery. Check with Dr. Kaplan before resuming any strenuous activity such as biking, swimming, aerobics and weightlifting (usually three weeks). Also, when returning to more exercise, start slowly and gradually work up to your daily routine. Every patient's schedule to returning to normal activity is different. A general rule is that you will naturally limit your level of activity based on the level of discomfort you experience.
11. You may drive after you discontinue your narcotic pain medication and when you are comfortable with your mobility.
12. Usually there are no sutures to be removed. You will have a follow up appointment to remove the drain the day after your surgery and another follow up appointment two weeks after surgery.

Post-Op appointment date	Time