

**POST-OPERATIVE INSTRUCTIONS**  
**NECKLIFT**

For the first 48 hours, you should keep your head elevated on 2-3 pillows when sleeping. You should be out of bed the day after surgery.

Apply ice to your cheeks and eyes for the first 72 hours. Alternate 20 minutes on, 20 minutes off while awake, as much as possible!

The second post-operative visit will be 4-5 days after surgery.

The third post-operative visit will be 10-14 days after surgery.

Your incisions are not fragile and will not open up. At home, clean the suture lines with hydrogen peroxide and then apply a small amount of Vitamin A&D ointment or Aquaphor with a Q-tip, a couple of times a day in order to keep them moist.

Make-up may be applied after the third visit if approval is given at the post-op visit. The make-up should be purchased NEW to avoid introducing infection.

A feeling of tightness and swelling in the neck is normal and will relax within a few weeks.