

NECK LIFT INFORMATION

PRIOR TO YOUR NECK LIFT SURGERY

- Prior to your procedure, you will have your “Pre Op” visit with Dr. Papalian generally 2 weeks before to your surgery.
- At that time, your medical condition will be reviewed and any preoperative testing evaluated.
- You will be given clear information on what to expect before, during and after surgery.
- You will be provided with a prescription for your postoperative medications and it is recommended that you have the prescriptions filled at your local pharmacy and ready at home prior to your surgery
- Smoking before surgery will always increase your risk, however it is imperative that you refrain from smoking for 6 weeks prior to your procedure.
- Avoidance of Aspirin and Aspirin containing products is strictly prohibited for 14 days before surgery.
- It is recommended that you avoid alcohol for 48 hours pre operatively.
- “Herbal remedies” and “herbal supplements” are to be avoided for 14 days preoperatively.
- You will be given instructions by Dr. Papalian, on which of your prescription medications you should continue to take before your surgery at the time of your Pre-Op visit.
- Nausea after surgery is not an uncommon finding. Dr Papalian finds that if you eat a light, low residue, low volume diet for the entire day prior to surgery, patients often have fewer issues with nausea.
- Hydration however is important. Drink plenty of water.
- The night prior to surgery, **after midnight**, it is important that you DO NOT EAT OR DRINK ANYTHING, including water.
- You will need to ensure that you have proper help at home for after surgery. It is always recommended that you have someone with you for the first night after surgery.
- You will need to arrange for your transportation to and from the facility and for your first postoperative visit, as it is recommended that you not drive to the first visit.

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- Surgery, while anxiety provoking, should be a controlled fulfilling experience. You will be provided with all the information needed to ensure you are prepared and “ready” for your procedure.
- Dr Papalian will guide you “each step of the way” and ensure that you are comfortable with your progress
- You should ask questions and feel free to contact the office if you need any information.

YOUR NECK LIFT SURGERY DAY

- After midnight the night before surgery, it is important that you **DO NOT TO EAT OR DRINK** anything, including water.
- The morning of surgery, wash your hair with your regular shampoo and conditioner. Do not apply any other hair products. Do not apply makeup.
- It is best to wear clothes that are easy to slip on. A top that is either a front zipper or button is recommended. Patients often like a “hooded” zip front top.
- Your procedure will be performed as an **outpatient** at the **Plastic Surgery Center in Palo Alto**.
- Your procedure will be performed **either under general anesthesia or local anesthesia with sedation**. Together with Dr. Papalian, which type of anesthesia best fits your needs will have been decided prior to your surgery. When anesthesia providers are required, the providers are physician anesthesiologists, not nurses, who will personally and continuously attend to you, for your ultimate safety.
- After your procedure, you will spend time recovering in the facility. The facility staff will ensure that you are ready to go home before you are discharged.
- You will need transportation home from the facility.
- Patients will be discharged with a head dressing.
- After surgery you may resume your routine prescription medications.
- At home, keep your head comfortably elevated with pillows. Avoid bending over.
- When it is time for sleep, get your rest with your head elevated on pillows.
- After surgery you may resume your routine prescription medications

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RECOVERY AFTER NECK LIFT SURGERY

- When performed as a single procedure, recovery from a Neck Lift is typically rapid. When a Neck Lift is performed in combination with other facial procedures recovery may be longer. This will be clearly discussed with you. Having the proper amount of time for recovery and healing are critical to a positive and successful outcome.
- Discomfort following surgery is most often described as “tightness” or an ache. Pain medication is prescribed for you, but most patients describe that pain medication is only required for 2-3 days.
- Eat a light, soft, low sodium diet for the first week.
- Strict avoidance of smoking and second hand smoke is critical to proper healing.
- Dr. Papalian may utilize drains for the first 24 hours following surgery, which reduces bruising and healing time.
- You will be seen on the first postoperative day in the office to ensure your healing. Your head dressing will be changed and drains removed if used. Bring either a scarf or a “hooded top” with you to wear home from the office or Hospital.
- You will be able to wash your hair the day after surgery after being seen in the office.
- You will likely use an elastic neck support for 7 days after surgery to prevent swelling.
- Swelling and bruising will typically peak on Day 3 after surgery and then begin to resolve. Bruising usually resolves in 7-10 days.
- Most patients return to work in 7-10 days.
- You may apply color to your hair in 3 weeks.
- Important social engagements are best delayed for 3-4 weeks post operatively.

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