

Neck Lift Instructions

(cosmetic neck lift surgery)

Preoperative

- No food or liquid intake after midnight prior to surgery. You may brush your teeth in the morning.
- Do not wear jewelry, make-up, body lotions, nail polish or bring valuables to the surgical center.
- Bring carrying case for eyeglasses or contact lenses. Remove all piercings.
- No aspirin or aspirin containing compounds for at least 2 weeks prior to and after surgery. Please refer to medication list for medicines and foods to avoid. Stop all herbal preparations.
- Shower the night before and the morning of surgery with Dial or other antibacterial soap and wash your hair for at least ten minutes with an antibacterial soap or Dial soap.
- Wear loose comfortable clothing with flat/ low heeled shoes. Wear a zippered or button down shirt.
- Fill all prescriptions within 3 days of today and bring them with you on your surgery date.
- Arrange for transportation to and from the Kole Plastic Surgery Center.
- Preoperative medications may be taken with a small sip of water if cleared by the anesthesia dept.
- Arrive at the surgery center ½ hour before surgery start time or as directed.
- Lab tests need to be drawn and faxed to this office no later than: _____.

Post operative

- After dismissal from the surgery center, return home and go directly to bed
- Keep incisions clean at all times. Remove any clots or crusts from incisions by gently soaking with a saline moistened gauze and wiping clean with a Q-tip.
- Diet may consist of liquids or regular food as desired and as tolerated. Avoid alcohol intake.
- Take pain medicine and antibiotics as prescribed.
- Do not wear contact lenses, color, dye, or perm your hair until cleared by Dr Kole.
- No strenuous activity for a minimum of two weeks post operatively.
- Return to your surgeon for all follow up visits as directed.
- Contact Dr Kole for any unusual or special problems (excessive pain, swelling or bleeding)
- Call to confirm appointment for first post-operative visit.

Call us if:

- Fever over 101 degrees, rash or shaking chills.
- Inability to tolerate the pain medicine or antibiotics.
- Persistent nausea or vomiting 24 hours after surgery.
- Excessive swelling or bleeding on dressings.
- Increase in pain after 72 hours after surgery.
- Any difficulty in breathing.
- Redness around or discharge from incisions.

If you have any questions or problems, call the office anytime at (215) 354-1010

I have received this instruction sheet, understand the information presented and agree to carry out the instructions as described above.

Patient signature_____

Date_____

Surgeon_____