



ORANGE OFFICE BASED SURGERY, PLLC

Ran Y. Rubinstein, MD

POST-OPERATIVE INSTRUCTIONS

Patient: _____

Surgery Date: _____

Post-Operative Instructions for **Neck Lift**

IN CASE OF AN EMERGENCY

- During business hours: call the office @ **845-562-6673**
 - After hours or weekends: call Dr. Rubinstein's pager @ **888-235-9868**
 - **Avoid** going to the emergency room without contacting the office first for further instructions.
1. Rest on the day of surgery. Drink plenty of clear liquids during the first two days following surgery. You can eat whatever you feel like, however it is suggested that you begin with soups, toast, or other easily digested foods. Do not drink alcoholic beverages including beer and wine, for the next 24 hours. On the following day you can do those activities that you feel able to do and resume your normal activities as your physician directs.
 1. Nausea and vomiting can occur during your ride home. This is a common occurrence and is normal for many patients. If the nausea does not subside within 6 hours, you should contact your physician.
 2. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your procedure. This is perfectly normal, but you should not drive or operate any mechanical or electrical device until this feeling has worn off.
 3. You should not sign any important documents or make important decisions for 24 hours after your procedure.
 4. Discomfort or pain is usually relieved by pain relievers as prescribed by your doctor. Stomach discomfort and/or nausea can be caused by oral pain medication if you have not eaten some food; e.g., crackers and soup.
 5. If antibiotics were prescribed assure that you finish the prescription.
 6. Call for a follow-up appointment with your doctor if you have not already done so.
 7. If you have a dressing, follow the directions of your doctor. Generally; you should keep your dressing dry and in place until you are instructed to remove it.
 8. **It is very important that you wash your hands before changing your dressings or touching your surgical site.**
 - Touch surgical site or area around incision as little as possible.
 - Keep everything that comes in contact with the area as clean as possible.
 - No soaking of wound in water (including Jacuzzi) until sutures or staples are out and wound is completely healed. May shower after 48 hours.
 - Refer to your discharge instructions regarding how often to change the dressing.
 - Watch for signs of infection:
 - **Increased redness or swelling**
 - Increased pain
 - Purulent (thick yellowish drainage) drainage from the incision
 - Fever above 100 degrees.
 - Red streaks from incision
 - **For any of the above symptoms, contact our office right away.**

ACTIVITIES, BANDAGES, & SHOWERING FIRST WEEK

- 1) Do not remove the bandage for the first 24 hours. This will be done on your first post operative visit (24 to 48 hours post op.) Expect some bloody drainage into the drain reservoir, if drains are used. Record output.
- 2) After the first post op visit, drains are removed, and a special lighter bandage will be applied that will be removed 3 times per day so that you can keep the incision areas clean. Keep bandage on as much as possible for the first week.
- 3) Clean incisions 3 times per day with Q-tips soaked in peroxide followed by Polysporin antibiotic ointment application. If minor drainage persists, apply a non stick gauze (Telfa) on top of the Polysporin ointment to avoid soiling of the bandage (washable). Replace bandage.



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- 4) Wear bandage as much as possible for the first 7 days other than when you are cleaning your incision sites or showering.
- 5) You may shower after 48 hours using baby shampoo, for one week. Peroxide may help dissolve the blood. Do not use conditioner for one week. You may carefully wash your face with a mild soap and a clean washcloth or cotton balls. Avoid irritating any of the suture lines.
- 6) Apply ice to eyes for the first 48 to 72 hours to minimize swelling.
- 7) No HOT or WARM compresses to the surgical area.
- 8) Stay on a liquid or very soft diet for the first three to four days. Then for the rest of the week, eat only foods that require minimal chewing.
- 9) Limit your activities the first week after your surgery. You are encouraged to walk around the house, but avoid bending over at the waist, picking up heavy objects, or straining of any kind. If you exert yourself, bleeding may result. We ask that you not drive for 1 week after surgery. When you rest or sleep, keep your head elevated on two or three pillows (or recliner) and avoid turning on your side. Limit talking for the first three to four days. Limit lifting, pulling or pushing for 10 days.
- 10) It is not unusual to feel nausea in the first 24 hours after surgery. If you feel nauseated or vomit, avoid food and drink. Take only 2 to 3 ounces of clear liquids at hourly intervals. Discontinue pain medications (Tylenol is OK) until nausea passes. If these symptoms persist, call for anti nausea medication.
- 11) Smoking should be strictly avoided because it interferes with the blood supply to the healing tissues and hinders healing. Alcohol consumption should also be eliminated because this can thin the blood and result in bleeding.
- 12) It is not unusual to feel a bit depressed for a few days after surgery. This passes quickly as you begin to look and feel better.
- 13) Swelling can be reduced significantly by having a gentle facial lymphatic drainage massages performed by our skin care staff.
- 14) Bruising can be decreased by having non invasive laser therapy performed in our office. This helps to break up the bruising faster.

YOU CAN EXPECT

- 1) Moderate discomfort-which should be relieved by your pain medication
- 2) Moderate swelling
- 3) Black and blue discoloration
- 4) Some bloody drainage into the drain reservoir, if drains are used
- 5) Some drainage on the bandage

CALL THE OFFICE IF YOU HAVE

- 1) Severe pain not responding to pain medication
- 2) Marked swelling or obviously more swelling on one side than on the other
- 3) More than 50 cc of bloody fluid collecting in drainage reservoir in an eight-hour period.
- 4) Bright red drainage on bandages that continues to enlarge.

I hereby acknowledge receipt of post-procedure instructions. I have read and understand the instructions.

Patient Signature	Date	Coordinator Signature	Date
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Ran Y. Rubinstein, MD	Date	Nurse Signature	Date
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Revised 6-9-09