

## As You Heal

### Neck Lift

- **What To Expect After Surgery:** There is some degree of swelling and possibly bruising in most patients but usually very little in the way of pain or discomfort. Swelling is mostly resolved in two to three weeks, but some swelling will persist. Most patients are quite “presentable” within one to two weeks.
- **Should I massage my neck?:** Yes. Use a gentle fingertip massage with oil (back and forth vertical massaging).
- **How long do I wear my strap?** Please wear the strap 24/7 for the first 48 hours and then indoors for the next two weeks.
- **What if my neck is uneven and rippled? Will it go away?** This is common. Usually by three to six months all or most of the rippling is gone. Please continue to massage your neck.
- **When will the tightness in my neck go away?** Tightness is completely normal. You will feel tightness but it will go away in 3-6 months.

### **Resumption of Physical Activity**

For the first twenty-four to forty-eight hours, you will mostly be at bed rest. For the first week you should plan on remaining relatively at rest at home. After that you may be up and about the house but not outside except for your office visits. The second and third week is a time where gradual resumption of physical activity takes place. No sports or exercise is allowed at this period of time but, if you feel up to it, you may go out to a movie, for an easy walk, a casual dinner, etc. After three weeks gradual resumption of any athletic activity you are comfortable with is allowed.

Please call us with any concerns Monday-Friday 8:30am-5:00pm. Weekdays after 5 pm and weekends you will reach our answering service and will be directed to Dr. Brown if it is an emergency. Our office number is 480-947-2455.