



NECKLIFT POSTOPERATIVE INSTRUCTIONS

Day	Begins the day after surgery	Times per day
1	Hydrogen Peroxide (apply to suture line back of ears) DO NOT pull back ears	
1	Antibiotic Ointment (DO NOT apply to hairline) DO NOT pull back ears	
1	Shower and rinse hair with warm water DO NOT USE SHAMPOO TODAY	
1	Facial cold compress (DO NOT apply directly to face, use barrier)	
1	Facial Cleanser (DO NOT use wash cloth – pat dry)	
1	Antibiotic as DIRECTED! Other medications AS NEEDED!	
1	If Peel/Dermabrasion - Use Organic Coconut Oil on resurfaced areas (Eyes, Face and/or Mouth)	
1	Please stand and walk for 15 min every hour	
2	Hydrogen Peroxide (apply to suture line back of ears) DO NOT pull back ears	
2	Antibiotic Ointment (DO NOT apply to hairline) DO NOT pull back ears	
2	Shower and rinse hair with warm water and BABY SHAMPOO	
2	Facial cold compress (DO NOT apply directly to face, use barrier)	
2	Facial Cleanser (DO NOT use wash cloth – pat dry)	
2	Antibiotic as DIRECTED! Other medications AS NEEDED!	
2	If Peel/Dermabrasion - Use Organic Coconut Oil on resurfaced areas (Eyes, Face and/or Mouth)	
2	Please stand and walk for 15 min every hour	
3	Hydrogen Peroxide (apply to suture line back of ears) DO NOT pull back ears	
3	Antibiotic Ointment (DO NOT apply to hairline) DO NOT pull back ears	
3	Shower and rinse hair with warm water and BABY SHAMPOO	
3	Facial cold compress (DO NOT apply directly to face, use barrier)	
3	Facial Cleanser (DO NOT use wash cloth – pat dry)	
3	Antibiotic as DIRECTED! Other medications AS NEEDED!	
3	If Peel/Dermabrasion - Use Organic Coconut Oil on resurfaced areas (Eyes, Face and/or Mouth)	
3	Please stand and walk for 15 min every hour	
4	Hydrogen Peroxide (apply to suture line back of ears) DO NOT pull back ears	
4	Antibiotic Ointment (DO NOT apply to hairline) DO NOT pull back ears	
4	Shower and rinse hair with warm water and BABY SHAMPOO	
4	Facial cold compress (DO NOT apply directly to face, use barrier)	
4	Facial Cleanser (DO NOT use wash cloth – pat dry)	
4	Antibiotic as DIRECTED! Other medications AS NEEDED!	
4	If Peel/Dermabrasion - Use Organic Coconut Oil on resurfaced areas (Eyes, Face and/or Mouth)	
4	Please stand and walk for 15 min every hour	



POSTOPERATIVE INSTRUCTIONS – WEEK 1

Day	Begins the day after surgery	Times per day
5	Hydrogen Peroxide (apply to suture line back of ears) DO NOT pull back ears	
5	Antibiotic Ointment (DO NOT apply to hairline) DO NOT pull back ears	
5	Shower and rinse hair with warm water and BABY SHAMPOO	██████████
5	Facial cold compress (DO NOT apply directly to face, use barrier)	
5	Facial Cleanser (DO NOT use wash cloth – pat dry)	██████████
5	Antibiotic as DIRECTED! Other medications AS NEEDED!	
5	If Peel/Dermabrasion - Use Organic Coconut Oil on resurfaced areas (Eyes, Face and/or Mouth)	██████████
5	Please stand and walk for 15 min every hour	
6	Hydrogen Peroxide (apply to suture line back of ears) DO NOT pull back ears	
6	Antibiotic Ointment (DO NOT apply to hairline) DO NOT pull back ears	
6	Shower and rinse hair with warm water and BABY SHAMPOO	██████████
6	Facial cold compress (DO NOT apply directly to face, use barrier)	
6	Facial Cleanser (DO NOT use wash cloth – pat dry)	██████████
6	Antibiotic as DIRECTED! Other medications AS NEEDED!	
6	If Peel/Dermabrasion - Use Organic Coconut Oil on resurfaced areas (Eyes, Face and/or Mouth)	██████████
6	Please stand and walk for 15 min every hour	
7	Hydrogen Peroxide (apply to suture line back of ears) DO NOT pull back ears	
7	Antibiotic Ointment (DO NOT apply to hairline) DO NOT pull back ears	
7	Shower and rinse hair with warm water and BABY SHAMPOO	██████████
7	Facial cold compress (DO NOT apply directly to face, use barrier)	
7	Facial Cleanser (DO NOT use wash cloth – pat dry)	██████████
7	Antibiotic as DIRECTED! Other medications AS NEEDED!	
7	If Peel/Dermabrasion - Use Organic Coconut Oil on resurfaced areas (Eyes, Face and/or Mouth)	██████████
7	Please stand and walk for 15 min every hour	

Please call 904-203-8282 if you have any questions or concerns

After office hours, Please call Rosie at 904-290-3099