

Post-Surgery Precautions



+ Facelift

- 01** Swelling and bruises will occur for 2 weeks after the surgery. They will subside as time passes.
- 02** Use an ice-pack on the surgical area for 2~3 days after the surgery. When using the pack, please place a thin towel or a gauze on the face before placing the ice-pack.
- 03** Stitches will be removed between 7-10 days after surgery. Facial wash is allowed and make-up can be applied the next day after the stitches have been removed.
- 04** Please do not remove bandages or dressings until a clinic nurse removes them for you.
- 05** Avoid bending over, lifting heavy objects, or straining for at least 1 week to prevent pressure on the incisions.
- 06** Most facelift surgeries involve incisions around the hairline and ears. Please make sure to keep the incisions clean and dry to prevent infection. Avoid using hairdryers, curling irons, or hair coloring for 4-6 weeks.
- 07** Avoid heavy exercises such as aerobics and/or working out at a gym for 4 weeks after the surgery. Taking a walk is recommended.
- 08** A quick shower can be taken on the next day. However, please avoid sauna and hot springs for 4 weeks.
- 09** Please do not bow your head or lie faced down.
- 10** Please sleep with your upper body elevated
- 11** Only pain killers and antibiotics prescribed by the clinic needs to be taken and should be taken correctly. If the pain killers provided is not enough, Tylenol can be taken also. Please avoid taking pain killers which are related to Aspirin as it may cause bleeding.
- 12** Drinking alcohol and smoking should be avoided for 4 weeks. Alcohol can cause inflammation and smoking can prolong the recovery of scars as it causes the tightening of the blood vessels.