

Face Contouring Lift

Post-Surgery Precautions

✉ WhatsApp



Posture

- Until 1 week after surgery, keeping your head elevated above the heart level helps reduce swelling faster.
- While sleeping during the first week after surgery, it is best to place a pillow between your back and shoulders, keep your face slightly higher than your heart, face forward, and maintain a proper posture. From 1 week after surgery, sleeping on your side is allowed.

Diet

- Six hours after surgery, start by drinking water. If you feel no discomfort, begin eating soft foods such as porridge or soft rice, then gradually progress to soft bread, tofu, fish cake, steamed eggs, and finely minced side dishes.
- Avoid opening your mouth wide for 2 weeks after surgery.
- If deep cheek fat removal was performed, it takes about 2 weeks for the wounds inside the mouth to heal. Avoid spicy and salty foods during this period as they may irritate the wounds.

Swelling

- Swelling and bruising worsen for about 3 days after surgery, then gradually subside over 2 to 4 weeks, varying by individual.
- During the first 3 days when swelling worsens, blood vessels should be constricted. Apply cold compresses until day 3 after surgery.
- From day 4, good blood circulation helps reduce swelling faster. Apply warm compresses carefully (avoid burns) for up to 1 month. Starting from day 4, walking exercises help improve blood circulation and reduce swelling. Walk at a comfortable pace without overexerting yourself, and take long, slow walks for better results.

Wound Care

- External stitches will be removed between days 5 and 7 after surgery. Dissolvable stitches are used inside the mouth, so no removal is necessary there.
- Until day 3 after surgery, continuously wear the compression band. From then until 1 month, wear this for 1 hour each morning and evening.

✉ Please note that individual recovery may vary, and the guidance provided by your medical team may differ from the instructions above.

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Washing and Showering

- Until stitches are removed, gently wipe the face except the surgical area with a wet towel. Showering is allowed, avoiding the surgical area.
- You may wash your hair the day after stitch removal. When washing hair, do not rub with fingers; use baby shampoo, rinse with water, and dry only with a towel.
- Face washing and applying makeup are allowed from the day after stitch removal.

Exercise

- From day 4 after surgery, walking exercises are recommended to promote blood circulation and reduce swelling. Walk slowly and steadily without overexertion for best results.

Medication

- Take prescribed medications regularly as directed after discharge. If you experience diarrhea, hives, or other symptoms after taking medicine, contact the hospital immediately.

Alcohol and Smoking

- Alcohol and smoking cause bleeding and inflammation, negatively affecting wound healing. Avoid both for 1 month after surgery.

Progress and Precautions

- During normal recovery, you may feel skin tightness or numbness. If the procedure involved lifting through the temples, chewing may be uncomfortable due to pain or tightness. Tightness near the area below the ear indicates that the threads are fixed and pulling, which is normal and not a concern. These symptoms gradually improve over several months.
- Avoid driving until 3 days after surgery.
- Be cautious of sudden rises in blood pressure due to coughing, sneezing, vomiting, or constipation, as this can cause bleeding.

Emergency Situations

- If severe swelling or intense pain suddenly occurs in the surgical area within 48 hours after surgery, contact the hospital immediately and visit for evaluation. In such cases, it is safer to identify the cause of pain and take painkillers under medical guidance.

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