

# Face Lift

## Post-Surgery Precautions

✉ WhatsApp



### Position

- For the first 48 hours after surgery, avoid physical activity and rest as much as possible.
- For 1 week after surgery, sleep with your head elevated above the level of your heart to help reduce swelling. Avoid lying on your side or stomach; keep your face upward when sleeping.

### Diet

- On the day of surgery, eat soft foods or liquids that do not require chewing.
- From the following day, eat soft foods for about 3 days, avoiding excessive chewing.
- For 1 month after surgery, avoid hard or chewy foods, and refrain from opening your mouth widely (e.g., when laughing).

### Swelling

- Swelling and bruising may worsen during the first 48 hours, but gradually subside over 2–4 weeks depending on the individual.
- Excessive neck movement or talking too much can increase swelling.
- Apply cold packs for the first 3 days, then switch to warm packs starting on Day 4 to help with swelling.

### Wound Care & Bandages

- Sutures are typically removed 5–7 days after surgery for the face, and 10–14 days for the thigh or groin area (if applicable).

### Washing & Hygiene

- Before suture removal, clean the face (avoiding the surgical site) with a wet towel. Showering the body from the neck down is allowed.
- Wash your hair starting the day after suture removal. Use baby shampoo and rinse with water only, without rubbing with your fingers.
- When drying your hair, use only a towel (no rubbing).
- Washing your face and wearing makeup is allowed the day after suture removal. Avoid saunas for 1 month.
- Avoid direct sunlight for 3 months. If unavoidable, wear a wide-brimmed hat or apply sunscreen.

✉ 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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### Exercise

- Light daily activities are allowed after 1 week.
- Light exercise can be resumed 2–3 weeks after surgery.
- Strenuous exercise should be avoided for at least 1 month.

### Medication

- Take prescribed medications regularly at the instructed times. If you experience diarrhea, rash, or other abnormal reactions, contact the clinic immediately.
- Do not take Aspirin or Vitamin E for 1 week after surgery, as they may increase the risk of bleeding.

### Alcohol & Smoking

- Avoid alcohol and smoking for at least 1 month after surgery, as they can delay healing and increase the risk of infection.

### Recovery & Additional Notes

- Tightness or numbness of the skin is a normal part of recovery. If you had thread lifting, you may feel discomfort or pulling in the temple area, making chewing uncomfortable. These symptoms gradually improve over several months.
- Do not drive for the first 3 days after surgery.
- Coughing, sneezing, vomiting, or constipation can cause a sudden rise in blood pressure and may result in bleeding, so take care to avoid strain.
- As swelling decreases and soft tissues settle, the surgical area may appear uneven, but this usually improves within 2–6 months.
- If using a hair dryer, wait until 1 week after surgery and use only cool air.

### Emergency Situations

- Contact the clinic immediately if you experience changes in skin color, severe pain, or sudden swelling within 48 hours after surgery.

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