

Mini Face Lift

Post-Surgery Precautions

✉ WhatsApp



Compression Band Usage

- On the day of surgery, wear the compression band for as close to 24 hours as possible.
- For the following 7 days, wear it for at least 12 hours each day.
- After the first week, wear it intermittently as needed for about 1 month.

Tape Removal & Self-Care

- On Day 3 after surgery, remove the surgical tape and begin self-disinfection for 2 weeks.
- After lifting surgery: remove the gauze on Day 1, and remove the Duoderm (dressing) on Day 3.
- Clean the surgical area with sterile gauze and saline solution, then apply antibiotic ointment (3 times daily for 2 weeks) with a clean cotton swab to keep the suture area from drying out. After the ointment is fully absorbed, reapply the compression band.

Shampooing

- For the first 1–2 days after surgery, you may wash only the back of your head, making sure shampoo does not touch the surgical area.
- From Day 3, you may wash your hair more normally, but gently and quickly, making sure not to rub the surgical site.
- After washing, dry your hair completely using cool air. Saunas and baths should be avoided for 1 month.

Cold/Hot Packs & Other Care

- Apply a cold pack for the first 3 days after surgery. From Day 4, switch to warm packs to help reduce swelling and improve recovery.
- Avoid bending your head down. When sleeping, keep your head elevated with a high pillow.
- Taking light walks regularly will also help reduce swelling.

Medication Restrictions

- Do not take Aspirin for 1–2 weeks after surgery. Avoid red ginseng, Omega-3, and Vitamin E for at least 7 days.
- If you are taking medications for underlying conditions, continue them only after consulting with your primary doctor.

✉ 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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Post-Surgery Symptoms

- Sutures are usually removed between 7–14 days after surgery, depending on your recovery.
- Scars typically appear most red and noticeable around 1 month post-surgery. In some cases, they may remain more prominent up to 3 months.
- From about 3 months after surgery, scars gradually fade and usually remain as faint white lines, though recovery varies by individual.
- For at least 1 month after surgery:
 - Avoid smoking and alcohol.
 - Avoid any strong impact or irritation to the surgical area.
 - Refrain from excessive facial movements or touching the surgical site.

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