

Mini Face Lift Post-Operative Precautions

- Please **wear the compression band continuously for 24 hours** on the day of surgery, and then **for 12 hours a day for the following 7 days**.
- **On postoperative day 3, please remove the tape from the surgical area.**
- In the case of a mini lifting procedure, **stitches** are usually removed **7 to 14 days after surgery**.
- After lifting surgery, please **remove the gauze on postoperative day 1 and the DuoDERM dressing on postoperative day 3**.
- **Please avoid opening your mouth wide or eating hard foods for 2 weeks, and avoid excessive facial movements for 1 month.**
- **Any marks at the treatment area will gradually fade over the course of several weeks**, although the rate of improvement may vary from person to person.
- In rare cases, swelling around the salivary gland area may occur, but this usually **improves within 1 week**.
- You may temporarily experience symptoms such as pain in the temples or scalp, slight thread protrusion, feeling the cones under the skin, or a pinching sensation, but these symptoms usually improve gradually over several weeks.
- From postoperative day 3, please wash your hair by tilting your head back to avoid swelling in the surgical area. After shampooing, **dry the area thoroughly with cool air** and then apply the prescribed ointment. Washing your hair with your head bent forward is allowed after 3 weeks.

General Post-Operative Care Instructions

- **Alcohol and smoking are strictly prohibited for 1 month** after surgery, as they may **cause bleeding and inflammation**.
- Apply **cold compresses for the first 3 days** after surgery. **Starting from day 4, use warm compresses for up to 1 month** to help reduce swelling and bruising.
- **Walking is very helpful for reducing swelling. Regular exercise may be resumed 1 month after surgery.**
- Avoid bending your head downward after surgery. **For the first week, sleeping on your back with your upper body elevated** will help reduce swelling. If sleeping too upright feels uncomfortable, adjust the elevation to a level that is comfortable for you.
- **Swelling and bruising usually worsen gradually during the first 3 days after surgery**, then slowly improve over the following 2 to 4 weeks. Recovery may vary depending on individual factors such as environment, diet, blood circulation, skin type, and post-operative care.
- **Do not take aspirin or vitamin E** for 1 week after surgery, as they **may increase the risk of bleeding**.
- Please take all prescribed medications regularly and on time after discharge. If you develop symptoms such as diarrhea or hives after taking the medication, please contact the clinic.
- If you experience sudden severe swelling, warmth, pain, or changes in skin color, please contact the clinic immediately.



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