Post-Operative Instructions for Facelift and Minimal-Incision Facelift

Please follow the instructions below carefully after your facelift or minimal-incision facelift surgery to support proper healing and recovery.

1. Position and Rest

- For the first 48 hours after surgery, it is best to avoid excessive activity and get plenty of rest.
- For up to 1 week after surgery, avoid bending your neck while sleeping. Sleep with your upper body elevated so that your head is positioned higher than your heart. This can help reduce swelling more quickly.
- Until your stitches are removed, avoid sleeping on your side or stomach. Please sleep on your back with your face facing upward.

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2. Diet

- On the day of surgery, please eat liquid foods that do not require chewing.
- From the day after surgery, and for the next 3 days, eat soft foods that do not require much chewing.
- For 1 month after surgery, avoid hard or chewy foods and avoid opening your mouth too wide, such as when laughing widely.

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3. Swelling

- Swelling and bruising may gradually increase during the first 48 hours after surgery. After that, they usually improve gradually over the next 2–4 weeks, although recovery time may vary from person to person.
- Excessive neck movement or talking too much may also increase swelling.

- Apply a gentle cold compress from the day of surgery through day 3 after surgery. Do not apply a warm compress, as this may cause burns or worsen swelling.

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4. Incision Care and Facial Band

- Stitches are usually removed 7–10 days after surgery.
- Please wear the facial band as continuously as possible until your stitches are removed. Make sure it is not too tight. If the band causes scalp pain or significant discomfort, you may remove it.

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5. Face Washing, Showering, and Makeup

- Until your stitches are removed, gently wipe the areas of your face that are not part of the surgical area with a wet towel. You may shower your body only, as long as the surgical area does not get wet.
- You may wash your hair from the day after your drainage tube is removed. The safest way is to tilt your head backward, similar to how hair is washed at a salon, and have a guardian help you.
- When washing your hair, do not rub the scalp with your fingers. Gently rinse with shampoo foam only. After washing, gently pat away moisture with a towel, then dry the area completely using the cool-air setting on a hair dryer.
- You may wash your face and apply makeup from the day after stitch removal.
- Avoid direct sunlight for 3 months after surgery. If sun exposure is unavoidable, wear a wide-brimmed hat or apply sunscreen.
- Avoid saunas for 1 month after surgery.

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6. Exercise

- You may usually resume light daily activities after 1 week.
- Light exercise may be resumed after 2–3 weeks, while strenuous exercise should be avoided until at least 1 month after surgery.

7. Medication

- Please take the medication prescribed at discharge regularly and exactly as directed.
- If you experience symptoms such as diarrhea, hives, or any other unusual reaction after taking the medication, please contact the clinic.
- Do not take aspirin or vitamin E for 1 week after surgery, as they may increase the risk of bleeding.

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8. Alcohol and Smoking

- Alcohol and smoking can increase the risk of bleeding, delay wound healing, and increase the risk of infection.
- Please strictly avoid alcohol and smoking for 1 month after surgery.

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9. Recovery Process

- Tightness or reduced sensation in the skin is part of the normal healing process.
- You may feel pain or tightness around the temple area, which can make chewing uncomfortable. These symptoms usually improve gradually over several months.
- Please be careful, as coughing, sneezing, vomiting, or pressure from the facial band may suddenly raise your blood pressure and cause bleeding after surgery.
- As swelling improves and the soft tissues settle, the surgical area may temporarily look uneven or bumpy. This usually improves within 2–6 months.

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10. Emergency Situations

- Please contact the clinic immediately and visit the clinic if you experience sudden severe swelling or severe pain around the surgical area within the first 48 hours after surgery. In this situation, it is safest to identify the cause of the swelling and pain before taking painkillers.

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