

FACELIFT

A woman with blonde hair tied back is performing a yoga wheel pose (Urdhva Dhanurasana) using a large silver metal hoop. She is lying on her back with her knees bent and feet flat on the floor, arching her body over the hoop. Her head is tilted back, and her arms are extended upwards, holding the top of the hoop. The background is a light, neutral color.

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These instructions are provided to assist in the healing process and ensure best results. If you choose not to follow these instructions, it may increase your risk of possible complications and compromise results of the procedure.

What To Expect After Surgery

HOSPITAL RECOVERY & DISCHARGE

- ✓ After the facelift surgery it is normal to stay in the clinic for 1 night. You will be offered a menu to select meals and beverages for the duration of your stay.
- ✓ After your surgery you will wake up in your room dressed in the compression garment. Likely you will have drains. Typically, drains are removed on the day of discharge.
- ✓ The medical staff will regularly monitor you during this time and your discharge will be at the discretion of the clinic staff.
- ✓ Upon discharge you will be provided with a "goodie bag" with all essential medications, antibiotics and dressings for your recovery at home as well as written post-operative instructions.

PAIN LEVEL

- ✓ Facelift is not particularly painful surgery, however do expect to feel tightness especially in the neck area below ears. Maximum discomfort will occur during the first few days. Pain should be controlled by painkillers. For dosage please refer to the instructions leaflet in the goodie bag.

COMPRESSION GARMENT

- ✓ You are required to wear the compression garment for 23 hrs a day for 3 weeks. Then wear it for 3 more weeks at nights only. Totally 6 weeks. If you choose to buy a spare compression garment, ensure it is the exact same one. Using a different garment than the one provided by the clinic may affect your surgery results and your eligibility for corrective surgery.

SUTURES

- ✓ Stitches are removed 10-12 days after surgery. Please don't touch your face as much as possible.

DRESSING CHANGE

- ✓ Change your dressing every 2-3 days or sooner if it becomes dirty or wet nurses will do your first dressing change in the clinic. Pay attention to dressing change steps, make notes in case you will need to instruct your partner back home.

SHOWER

- ✓ You can take a shower the next day after surgery. Ensure the areas are pat dry. Wash your hair normally, at least 4 days after surgery.

COPING EMOTIONALLY

- ✓ Surgery places stress on the body and mind. Emotional stress is a real thing in the post-operative period. You may second guess your decision to undergo surgery, you may have feelings ranging from anger to guilt, you may even find yourself in tears just wanting to feel like your normal self again. This is natural phase of healing process and will soon become a distant memory.

POST OP APPOINTMENTS

- ✓ Post-op appointments can be booked at the front desk or by contacting the clinic. At the Kaunas clinic, post-op check-ups are free within the first year after surgery. In London and Dublin, appointments are available according to our visit schedule, with a non-refundable fee. Due to limited availability, advance registration and payment are required.

SCAR CARE

- ✓ Scar care is about helping your skin heal well and minimizing the scar's appearance over time. It involves keeping the scar clean, moist, and protected. Use silicone gel or sheets to help flatten and soften scars, massage the area gently to improve circulation, and always protect it from the sun with sunscreen or clothing to prevent darkening. Consistency is key for the best results.

Returning To Daily Activities

HEALING & SWELLING

- ✓ Expect temporary swelling of the face and neck. Maximum discomfort should occur in the first few days and then subside each day thereafter. Your recovery is subject to your response to the healing process and is different for everyone. Skin firmness, hypersensitivity, or lack of sensitivity is normal and will gradually resolve over time.
- ✓ Apply cold compresses intermittently; such as ice-cold gauze or a bag of frozen peas in a cloth, as much as possible in the first 48 hours post surgery.

- / You may experience a slight temporary drying of the eyes. If so use lubricating eye drops to prevent the eyes drying out.
- / It is quite common for both sides of your face to heal differently. It is normal if one may swell more than the other or heal slower than another. Fight the temptation to compare yourself to people across the internet. Your journey is unique and valid. Everyone's situation is different. Be patient as you heal your real results won't reveal themselves for at least 4-6 months, so don't panic!
- / Do not touch the incision sites. If this is unavoidable, make sure to disinfect hands and incision area first.

WARNING SIGNS

- / A fever of 38°C or higher.
- / Shaking or chills.
- / Heat in the area and bright red skin that is hot to the touch.
- / Nausea or vomiting.
- / Increased pain, swelling and redness that's getting worse.
- / Continuous fluid, pus and smell from your stitches.
- / Separation of your stitches.
- / Sudden shortness of breath or trouble breathing.
- / Any unexplained or unexpected symptoms and any pain that cannot be controlled by your pain medication.

HYDRATION & NUTRITION

- / Rehydrate your body often. Surgery of any kind can reduce fluids in your body. Drinking water frequently will help replenish these lost body fluids. Also, eat lightly for the first few days and only food that is easy to swallow and digest.

MAKE-UP

- / Approximately 2 to 3 days post-surgery you may apply make-up to the face, with exception of the incision sites.

HAIR COLOURING

- / We advise that hair colouring should be avoided for 6 weeks post surgery.

EXERCISE & ACTIVITY

- ✓ After surgery you will be mobile. Start gentle walking as soon as possible to help reduce swelling and lower the risk of blood clots.
- ✓ Each patient is different so your time off work will vary due to your speed of recovery, and also the type of work that you do. Allow yourself at least 2 weeks to recuperate before returning to nonstrenuous work. Remember, it is up to you to decide when you are ready to return to work.
- ✓ Straining, bending, and lifting must be avoided since these activities might cause increased swelling, bleeding, and may cause disruption of the healing process. Strenuous exercise and activities are restricted for 8-12 weeks.

SWIMMING & SUN EXPOSURE

- ✓ No bath, pool, jacuzzi, ocean water for 8 weeks post-surgery or until your wounds are fully healed and the swelling is completely gone. We advise waiting for at least 6 weeks before a spray tan appointment or until the incision heals completely.
- ✓ Your scars will be reddened for about 6 months, and then should start to fade and soften. Avoid exposing scars to the sun and sunbedding. If sun is unavoidable always apply strong sunscreen and wear sunglasses.

DRIVING

- ✓ It is not recommended to drive for the first couple of days after your operation. To be fit to drive, you must no longer be taking any sedative medications and must be able to operate your car safely and comfortably.

MAINTAINING RESULTS

- ✓ Every patient is unique and surgery results can vary from patient to patient. To maximise the longevity of your surgery results, it is important to maintain a healthy, nutritious lifestyle. Smoking is strictly prohibited!

RETURNING TO WORK

- ✓ Each patient is different so your time off work will vary due to your speed of recovery, and also the type of work that you do. Allow yourself at least 2 weeks to recuperate before returning to nonstrenuous work. Remember, it is up to you to decide when you are ready to return to work. If your job involves a lot of screentime, you may need to take more time off.

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