

Post-operative Instructions

Complete Face Lift

Bandages:

- ✓ You stay at the clinic for two nights. The postoperative care involves administering medicine (analgesic, and if necessary, antibiotics and anti-thromboembolism medicine) as well as regular checks on the patient's state.
- ✓ Cooling with ice compresses over the bandages is recommended for two to three days.
- ✓ During the first check-up, the bandages are changed and the wound is checked and rinsed with disinfectant. A new bandage is placed over the area. The surgical drains (normally two) used during the operation are removed on the third day of the operation.
- ✓ You must not remove the bandages! This can only be done by qualified personnel at the Clinic.
- ✓ In the immediate post-operative period until the wounds are healed, it is very important to use an elastic garment on the face. It compresses the operated areas and aids the healing process. You should still wear the elastic garment when discharged from the clinic, back at home and in their daily routine; thus, wearing something to cover the bandage is recommended - a scarf, hat or cap, for example.

Regime and Rest:

- ✓ Speaking, laughing and any movement of the mouth should be limited in the immediate post-operative period.
- ✓ Until the bandages are removed, it is important to rest. **The ideal position is on the back, with the head and body slightly elevated, to reduce, as much as possible,** any post-operative complications such as bleeding, haematomas or swelling. However, some of these are likely to appear, even in the eyelid area. Cooling with ice compresses helps to reduce swelling, as well as medication that might be recommended by the physician.
- ✓ You should avoid sudden movements and bending forwards as this may cause blood pressure in the head to rise, which could result in the rupture of a vessel and bleeding.
- ✓ Get plenty of rest.
- ✓ Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by your surgeon.
- ✓ Do not drink alcohol when taking pain medications.
- ✓ Even when not taking pain medications, no alcohol for several weeks.
- ✓ If you are taking vitamins with iron, resume these as tolerated.

Food:

- ✓ In the first days following the operation, it is advisable to have only pureed or liquid food which can be eaten without unnecessary movements of the mouth. The food should not be hot.
- ✓ Follow balanced diet.
- ✓ Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.

Activities:

- ✓ Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- ✓ Do not drive until you are no longer taking any pain medications (narcotics).
- ✓ You may tire easily. Plan on taking it easy for the first week.
- ✓ No strenuous activities, including sex and heavy housework, for at least 2 weeks. (Walking and mild stretching are fine.)
- ✓ Return to work in 14-21 days.

Incision Care:

- ✓ Hair is generally shampooed on the 2nd or 3rd postoperative day. The area of sutures must be washed gently but thoroughly each time. Within five to seven days of the operation, once back at home, you can wash your hair with tepid water and preferably mild (for example, baby) shampoo. Attention should be paid to careful movements when drying the hair; a soft towel is advised.
- ✓ Taking the healing process into consideration, make-up can be used, following the doctor's recommendations, but not before the stitches are removed or absorbed and not on the scars. A visit to a professional cosmetic salon is not recommended until several weeks after the operation (please consult your doctor).
- ✓ Do not set hair dryer temperature on hot, as you may not have feeling in operated areas.
- ✓ Chemical treatment of the hair (dying, perming etc.) is not advisable until several weeks after the operation and always after consultation with your doctor.
- ✓ If drainage tubes have been placed, you may shower 48 hours after removal.
- ✓ You may bathe 48 hours after surgery. Avoid steam baths and saunas for several months.
- ✓ Avoid exposing scars to sun for at least 12 months.
- ✓ Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- ✓ Keep steri-strips on.
- ✓ Keep incisions clean and inspect daily for signs of infection.
- ✓ Keep head elevated; sleep with head on 2 pillows.
- ✓ You may use cold compresses for comfort and to help decrease the swelling.

Massages:

- ✓ It is possible to apply massages of the scar once the wound had been healed.
- ✓ Special lotions or gels minimising scars or haematomas can also be recommended by the physician.

Undesirable Habits:

- ✓ Smoking and addictive substances generally speed up ageing and slow down the healing process; they should be avoided (at least one to two months).

Possible Reactions after the Operation:

- ✓ In some cases your temperature may rise slightly for a period of two to three days. An analgesic can easily ease the discomfort connected to any possible pain in the area operated upon.

- ✓ You may experience feelings of tightness in the area of the scars and partial loss of sensitivity (1-2 months). This is quite common but soon disappears.

Possible Complications:

- ✓ Post-operative bleeding, or bleeding caused by insufficient post-operative care at home.
- ✓ Prolonged healing
- ✓ Haematomas
- ✓ Infection of the wound
- ✓ An imperfect effect resulting from nonobservance of the post-operative instructions given by the doctor.
- ✓ Maximum discomfort should occur in the first few days, improving each day thereafter.
- ✓ Bruising, swelling, numbness, and tightness and tenderness of skin for 10-14 days or longer.
- ✓ You will be sent how wearing a facial compression sling. This provides compression and support.
- ✓ Skin may feel dry and rough for several months.
- ✓ Face may look and feel strange and be distorted from the swelling.
- ✓ Men have a need to shave behind their ears, where beard-growing skin is repositioned.

When to Call:

- ✓ If you have increased swelling or bruising.
- ✓ If swelling and redness persist after a few days.
- ✓ If you have increased redness along the incision.
- ✓ If you have severe or increased pain not relieved by medication.
- ✓ If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- ✓ If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- ✓ If you have bleeding from the incisions that is difficult to control with light pressure.
- ✓ If you have loss of feeling or motion.
- ✓ If you have a nosebleed or any unusual symptoms.

These instructions are based on a normal post-operative condition. Healing and recovering are highly individual processes and apart from the patients' capacity to heal these also depend on their conscientiousness and respecting the post-operative instructions.

We would love to see how the healing process went and if you are satisfied with the results. Could you please send us some pictures after 2-3 months after the surgery so we can evaluate the results of the treatment.

Cosmetic Surgery Post-operative Care:

For full post-operative care, including wound dressings, removal of sutures, wound fluid aspiration and general advice following the surgery, our patients can receive preferential rates at:

Medical Express Clinic

117a Harley Street
 London W1G 6AT
 Tel: 02074991991

or

Karen Marwood-Jones R.G.N.

4 Upper Wimpole Street

London W1G 6LF

Tel: 07901822393

The cost of the consultation will vary, according to the nature of your surgery. For standard wound care and suture removal, MediCzech patients will be charged only £80 per session.

or

Judith Jobling, RGN. RM. INP. LLB (Hons)

Aesthetic and Bariatric Nurse Specialist and Band Fill Practitioner

Beauty Is Skin Deep

3 Chiltern Avenue, Flixton

Manchester M41 8SX

Tel: 07947606275

Free personal consultation at clinic which is situated near motorways and close to the Trafford Centre.

Evening and weekend appointments available. Home visits can be arranged at extra cost.