

Journey

Pre-operative DO's and DONT's

Inform us about your routine medications and any diseases.

Do not eat or drink anything, including water, after midnight the night before your surgery.

If you perm or dye your hair; it should be done 1 week before the surgery.

Wear a zip-up or button up shirt, loose fitting clothing and slip on shoes.



Do not take Aspirin, Alieve, or Ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully.

Stop smoking for 2 weeks before the surgery, and avoid alcohol consumption one week prior to the surgery.

Do not wear make-up, do not apply creams and hair styling products on the day your procedure is scheduled.

Do not wear jewelry, contact lenses and remove any piercings on the day of the procedure.



You are about to invest time and money in your treatment abroad. Please follow these instructions carefully. If you have any queries, please do not hesitate to contact your Travel Coordinator or email to info@longevity.co.uk

Recovery Timetable

Post-Operative WHAT to EXPECT?

Day 1

Return to hotel.

It is acceptable to take a shower and gently wash your hair after the dressing is removed. Do not scrub in the area of incisions.

You can begin gently applying antibiotic ointment to your incisions to keep them moist and to avoid crusts from forming.



Day 6-7

Attend check-up appointment!



Day 2-5

Activity should be limited to frequent short walks with assistance.

You may resume a regular diet if there is no nausea.



Week 2-3

Continue no bending at the waist, straining, heavy lifting, or vigorous exercise until after the third postoperative week. Swelling and bruising usually go away around the second week. You may have some persistent swelling. Your surgeon may ask you to massage persistent areas of swelling.



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Expected Discomfort

Post-Operative WHAT to EXPECT?

Discoloration

Most bruising and discoloration should resolve over the first two weeks.



Nausea and Vomiting

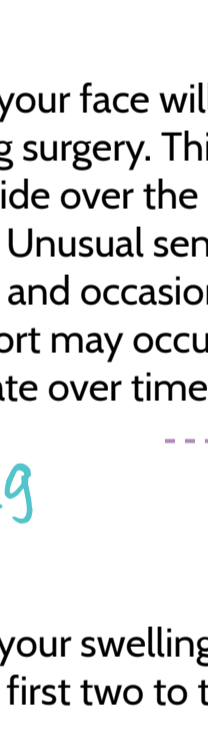
In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour including the prescribed medicine. You should then sip on flat coke, tea, or ginger ale.



Bleeding

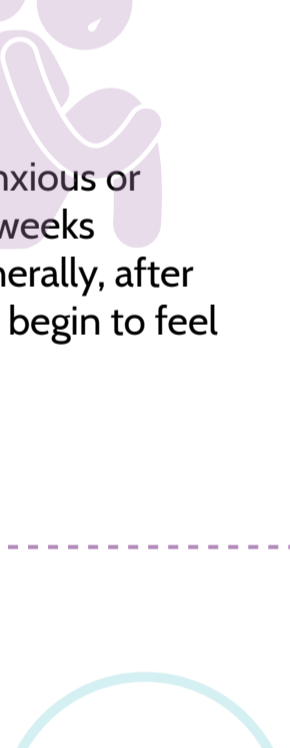
If bleeding does occur, go to bed, elevate your head, and apply an ice compress with mild pressure about the face and neck.

To avoid complications of bleeding you must absolutely refrain from activities that may increase blood pressure for 10 days after your surgery. We require our facelift surgery patients to keep their activity to a minimum.



Pain

You will be prescribed a pain killer which can relieve your pain.



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Expected Discomfort

Post-Operative WHAT to EXPECT?

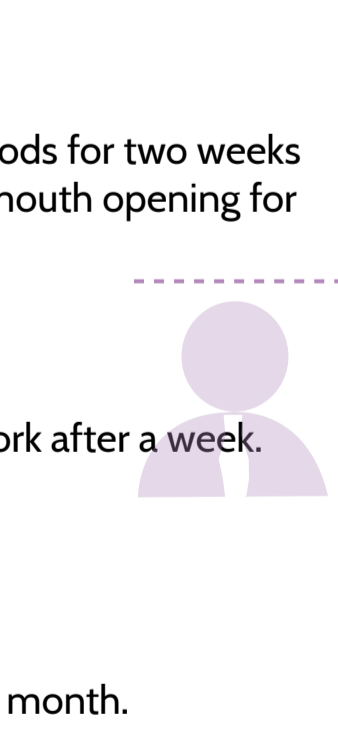
Numbness

Most of your face will be numb following surgery. This is normal and will subside over the coming weeks to months. Unusual sensations, pins and needles, and occasionally mild discomfort may occur as these nerves regenerate over time.



Depression

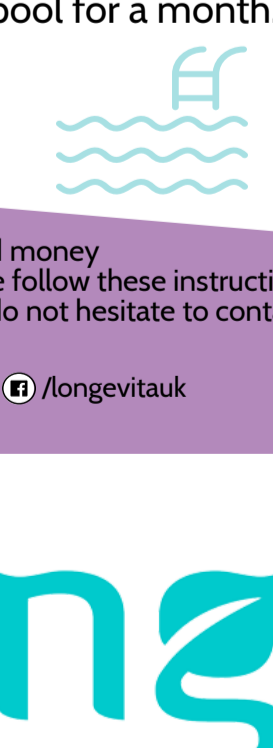
It is normal to feel a bit anxious or depressed in the days or weeks following surgery; but generally, after about a week, you should begin to feel better.



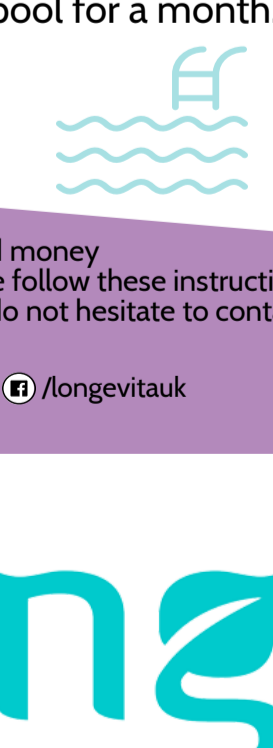
Swelling

Most of your swelling should resolve over the first two to three weeks.

Do expect, however, to have minor fluctuations in the remaining swelling over the course of the next two to three months. To minimize this swelling include keeping your head elevated as much as possible.



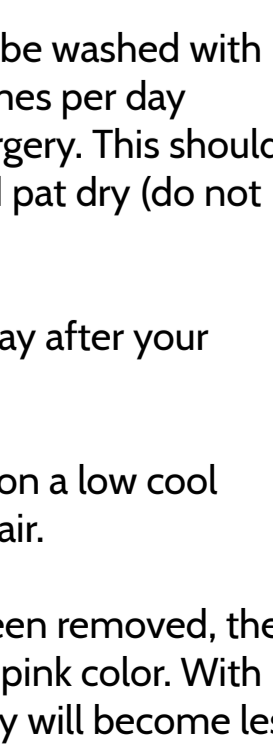
No strenuous exercise for at least two weeks.



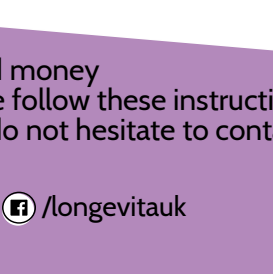
No heavy lifting for three weeks, no head turning activities or exercises for four weeks.



No driving for one, preferably two weeks after surgery.



Avoid direct sunlight for 6 months after surgery. Sunscreen is mandatory over all incisions.



No sauna and swimming pool for a month.

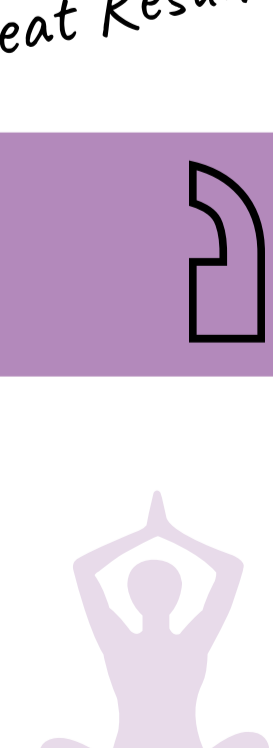
Hair coloring should be delayed for four weeks after surgery.



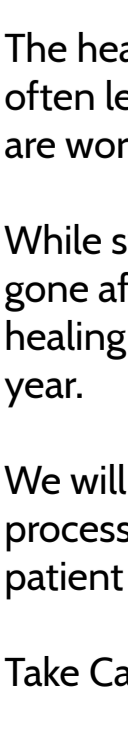
Avoid hard chewing foods for two weeks and yawning or wide mouth opening for two weeks.



You can get back to work after a week.



No sexual activity for 1 month.



No "pull-over" clothing for two weeks.



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Be Patient for A Great Result!

Post-Operative DO's and DONT's

Incision Care

The skin incision should be washed with soap and water three times per day starting the day after surgery. This should be done very gently and pat dry (do not wipe).

It is fine to shower the day after your surgery.

Hair dryers can be used on a low cool setting to help dry the hair.

After all stitches have been removed, the scars will appear a deep pink color. With the passage of time, they will become less noticeable.

Be Patient!

The healing time for facelift surgery is often less than expected and the results are worth to wait.

While swelling should be completely gone after four to six weeks, your healing will continue for the entire first year.

We will follow you through this entire process, do not hesitate to contact your patient relations specialist.

Take Care!

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