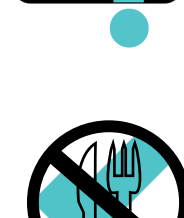


Cosmetic Journey

DO's and DONT's

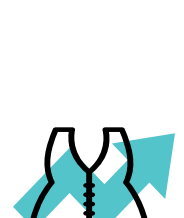
Inform your surgeon about your routine medications and any diseases.



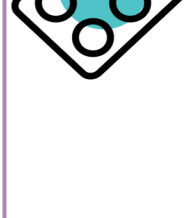
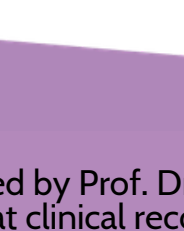
Do not eat or drink anything, including water, after midnight the night before your surgery.



Avoid sun damage two weeks before surgery. While we recommend wearing an SPF 30 or higher.



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



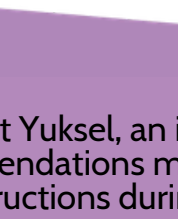
Do not take Aspirin, Alieve, or Ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully.



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



Do not wear make-up and nail polish on the day your procedure is scheduled.



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

These guidelines have been prepared by Prof. Dr. Fuat Yuksel, an independent, board-certified plastic surgeon. Please be aware that clinical recommendations may vary between patients and surgeons. Your surgeon will provide personalised instructions during your consultation appointment.

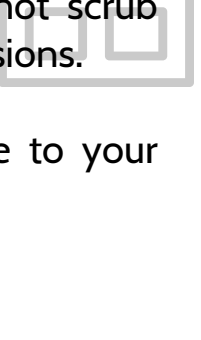
Recovery Timetable

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.



Start applying ice to your surgical area.

Day 5-7

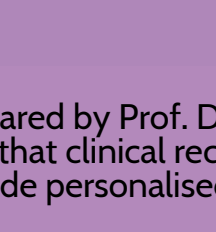
Attend check-up appointment!

You can start wearing make up after the first week.

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 2-4

No heavy lifting, or vigorous exercise until the end third postoperative week.

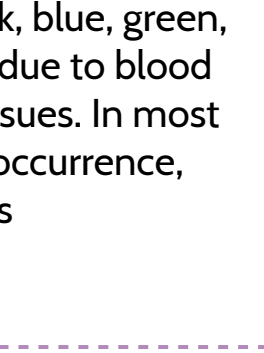
It is normal to have swelling.

These guidelines have been prepared by Prof. Dr. Fuat Yuksel, an independent, board-certified plastic surgeon. Please be aware that clinical recommendations may vary between patients and surgeons. Your surgeon will provide personalised instructions during your check-up appointment.

Expected Discomfort

WHAT to EXPECT?

Discoloration



The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. In most patients, this is a normal occurrence, which may occur 2-3 days post-operatively.

Bleeding



Mild bleeding from the surgical site is not unusual. Mild pressure will control the bleeding.

Nausea and Vomiting



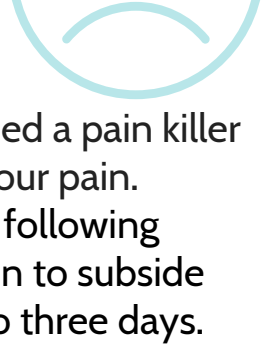
In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour including the prescribed medicine. You should then sip on flat coke, tea, or ginger ale.

These guidelines have been prepared by Prof. Dr. Fuat Yuksel, an independent, board-certified plastic surgeon. Please be aware that clinical recommendations may vary between patients and surgeons. Your surgeon will provide personalised instructions during your check-up appointment.

Expected Discomfort

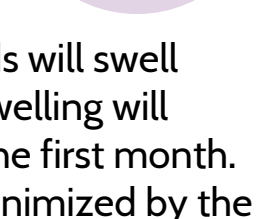
WHAT to EXPECT?

Pain



You will be prescribed a pain killer which can relieve your pain. Pain or discomfort following surgery should begin to subside after the first two to three days.

Swelling



Swelling around the eyes and down into the cheeks and face is not uncommon.

Occasionally, the eyelids will swell completely shut. The swelling will rapidly decrease after the first month. The swelling may be minimized by the immediate use of ice packs.

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.

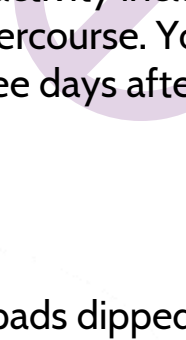


These guidelines have been prepared by Prof. Dr. Fuat Yuksel, an independent, board-certified plastic surgeon. Please be aware that clinical recommendations may vary between patients and surgeons. Your surgeon will provide personalised instructions during your check-up appointment.

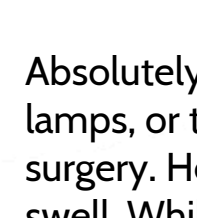
Personal Care

DO's and DONT's

Avoid extreme physical activity including athletic activities and intercourse. You may resume light walking three days after surgery.



Iced gauze pads (gauze pads dipped in ice water and wrung out) should be applied to the eyes and cheek for the first 48 hours to minimize swelling and discoloration.



Absolutely avoid sun exposure, sun lamps, or tanning beds for six weeks after surgery. Heat may cause your face to swell. While we recommend wearing a SPF 30 or higher.



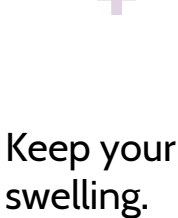
Makeup may be used 7-10 days after surgery.



You can get back to work after one week.



No sexual activity for two weeks.



Keep your head elevated to minimize swelling.



These guidelines have been prepared by Prof. Dr. Fuat Yuksel, an independent, board-certified plastic surgeon. Please be aware that clinical recommendations may vary between patients and surgeons. Your surgeon will provide personalised instructions during your check-up appointment.

Be Patient for A Great Result

DO's and DONT's

Incision Care

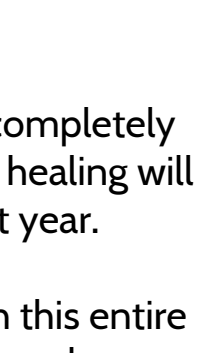
The skin incision should be washed with soap and water three times per day starting the day after surgery. This should be done very gently and pat dry (do not wipe).

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 eyelid surgery is often less than expected and the results are worth the wait.

While swelling should be completely gone after 6 months, your healing will continue for the entire first year.

We will follow you through this entire process, do not hesitate to make an aftercare enquiry!

Take Care!



These guidelines have been prepared by Prof. Dr. Fuat Yuksel, an independent, board-certified plastic surgeon. Please be aware that clinical recommendations may vary between patients and surgeons. Your surgeon will provide personalised instructions during your check-up appointment.