

Cosmetic Journey

DO's and DONT's

Inform your surgeon about your routine medications and any diseases.



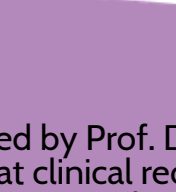
Do not eat or drink anything, including water, after midnight the night before your surgery.



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.



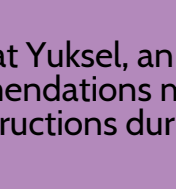
Do not take Aspirin, Alieve, or Ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully.



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.

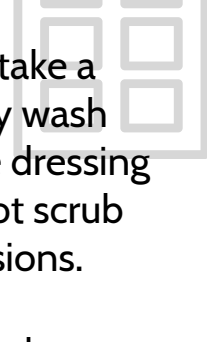
These guidelines have been prepared by Prof. Dr. Fuat Yuksel, an independent, board-certified plastic surgeon. Please be aware that clinical recommendations may vary between patients and surgeons. Your surgeon will provide personalised instructions during your consultation appointment.

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.

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

Day 2-5

Activity should be limited to frequent short walks with assistance.

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

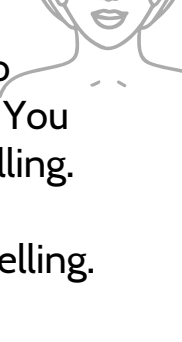
Day 6-7



Attend check-up appointment!

Week 2-3

Continue no bending at the waist, straining, heavy lifting, or vigorous exercise until after the third postoperative week.



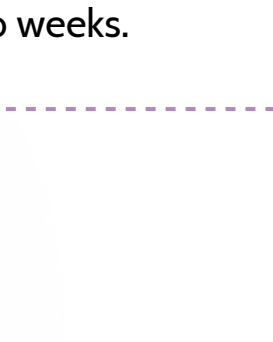
Swelling and bruising usually go away around the second week. You may have some persistent swelling. Your surgeon may ask you to massage persistent areas of swelling.

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Expected Discomfort

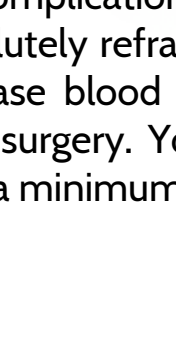
WHAT to EXPECT?

Discoloration



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

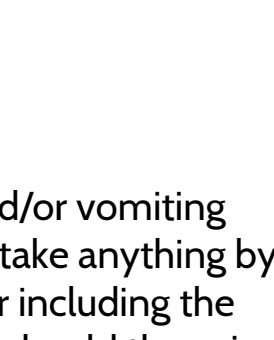
Bleeding



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. You should keep your activity to a minimum.

Nausea and Vomiting



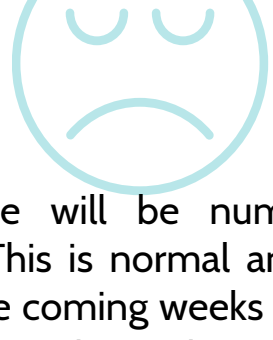
In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour including the prescribed medicine. You should then sip on flat coke, tea, or ginger ale.

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Expected Discomfort

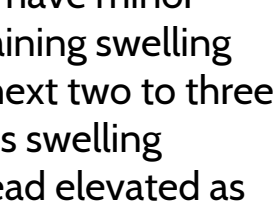
WHAT to EXPECT?

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.

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.

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.

Pain



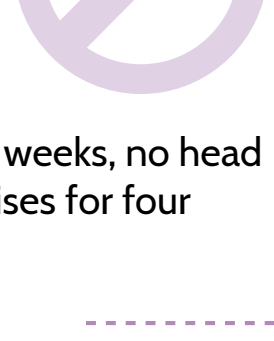
You will be prescribed a pain killer which can relieve your pain.

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Personal Care

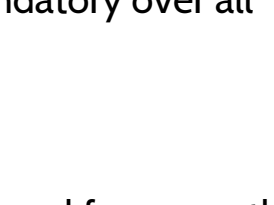
DO's and DONT's

No strenuous exercise for at least two weeks.



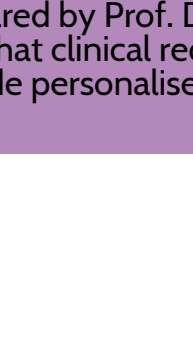
No heavy lifting for three weeks, no head turning activities or exercises for four weeks.

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.

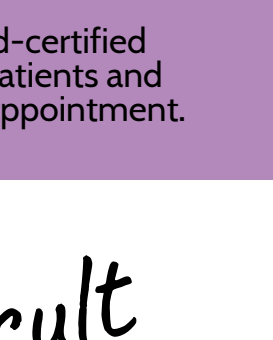
You can get back to work after a week.



No sexual activity for 1 month.



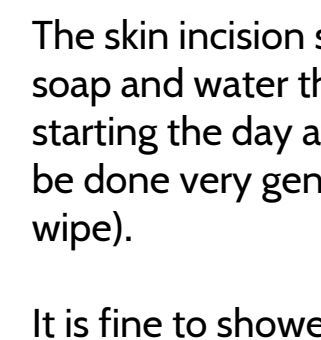
No "pull-over" clothing for two weeks.



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Be Patient for A Great Result

DO's and DONT's



Incision Care

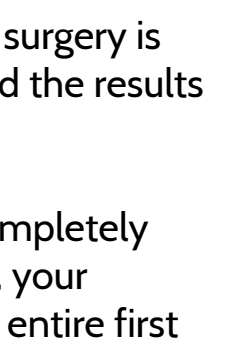
The skin incision should be washed with soap and water three times per day starting the day after surgery. This should be done very gently and pat dry (do not wipe).

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 make an aftercare enquiry.

Take Care!

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