Precautions After Face Lifting

Posture

1. It's recommended to refrain from activity and rest by lying down for the first 48 hours after surgery.
2. For the first 7 days after surgery, avoid excessive facial movements and neck stretching. Roll a towel and place it behind your neck, and please sleep in a straight posture position.

Meals

1. For the first 7 days after surgery, it is recommended to avoid spicy, salty, or sour foods, as well as foods that require mouth opening or prolonged chewing.
2. For the first 2-3 days, it is best to eat light, nourishing porridge.

Swelling

1. For the first 2-3 days after surgery, swelling and bruising may worsen.
2. Starting on the 2nd day after surgery, it is recommended to wear the facial compression garment for 2-3 hours and then take it off for about 15 minutes. When wearing the facial compression garment, ensure it is slightly tight but not too tight, as excessive tightness can prolong the swelling.

Wound Care

1. Blood may ooze from the surgical area immediately after surgery.
2. Stitches removal will be done within 1-2 weeks after surgery, depending on the wound condition.
3. After removing the blood drainage tube, please apply the prescribed ointment twice a day (morning and evening) using a cotton tips.
4. Do not forcibly remove any scabs that form on the surgical area/incision line.

Face Washing, Shower & Makeup

1. You can take a light shower and shampoo from the 3rd days after surgery, even if there is still blood drainage tube on you.
2. Please be careful not to touch the wound area with your fingers.

Precautions After Face Lifting

Exercise

Light exercise is possible 2-week after surgery. Strenuous exercise (gym workouts, hiking, swimming, etc.) can be resumed starting from one month after surgery.

Medication

1. It is important that you take the prescribed medicine regularly at the same time every day, and if you experience symptoms such as diarrhea, or rash, please stop taking it and contact our hospital.
2. The prescribed medication contains painkillers, but if you still experience significant pain after taking it, you may additionally take Tylenol.
3. Since multi-vitamin (especially, vitamin E) can cause bleeding, it is recommended to avoid taking it for at least 1-month after surgery, unless it is necessary. (Please avoid taking aspirin for 1-week after surgery.)
4. It is advised not to take anti-inflammatory medicines because it can cause bleeding.

Alcohol Drinking & Smoking

Smoking and drinking are prohibited for 1 month after surgery due to their negative effects on bleeding, wound healing progress, and infection.

Post-Surgery Progress

1. It is recommended not to drive for 3-4 days after surgery.
2. Please avoid activities that can increase abdominal pressure, such as strong coughing, sneezing, or constipation. Increased blood pressure can lead to bleeding.

Emergency Hotline

If your face suddenly swells significantly, pain worsens, or you experience increasing difficulty breathing within 1-2 days after surgery, please contact your consultant-in-charge or if you can't reach us after business hours (after 7 PM), kindly contact our emergency number **(02.512.1288)** IMMEDIATELY and make a visit to our hospital.