

Precautions After Thread Lifting

— Posture

It is recommended to sleep on your back with your upper body elevated for about 1-week after surgery. This help for swelling to subside.

— Meals

You can take normal meals as usual but please refrain from taking foods that are spicy or strong-tasting.

— Swelling

It is common for swelling and bruises to worsen within 2-3 days of surgery, but they gradually improve over the next week or two.

— Wound Care

1. Small-size tapes will be applied to your face to the treated area and if necessary, you may have to put Band-Aid tape on top of it.
2. The tapes are removed 2-3 days after surgery, during your aftercare visit. Please don't try to remove it all by yourself.

— Face Washing

3-4 days after surgery, you can gently wash your face with a mild facial cleanser. However, if you have tapes on your face, please gently wipe your face with a soft, clean wet face towel.

— 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

You may experience a change in your skin sensation or your skin looks bumpy due to swelling right after surgery. Rest assured, as these symptoms are normal and part of the recovery process.

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Exercise

You can start doing light exercise 2-weeks after surgery, and for strenuous exercise, it is recommended to do it 1-month after.

— 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. Painkiller is already prescribed in your prescription, but if you still feel pain even after taking it, you can also take Tylenol (aka Panadol, Paracetamol), but it must in the right dosage.
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, unless it is necessary)
4. It is advised not to take anti-inflammatory medicines because it can cause bleeding.

— Guidance on Wearing Compression Facial Garment

1. You should wear the compression facial garment for only 1-week after surgery and you should wear it continuously for the first 2-days after surgery. Starting from the 3rd day, it is recommended to wear it for 1 hour and take it off for 20-30 mins, then repeat the process.
*You don't have to wear the compression facial garment while eating or sleeping.
2. Wearing the compression facial garment too tight can interfere with blood circulation, causing hair loss and headaches. Therefore, when wearing it, please avoid wearing it too tight.

— Emergency Hotline

If you experience difficulty in breathing or severe dizziness 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.

