

Precautions After Facelift

(Facelift / Mini Facelift / Neck Lift)

1. Swelling and bruising may appear differently on each side, but they will improve with time.
2. The degree of swelling, bruising, and pain varies by individual and is not related to the surgical outcome, so please do not be overly concerned.
3. For at least 2–3 days, keep your head elevated above heart level. Major swelling usually improves within 2 weeks, while minor swelling can continue to decrease gradually for up to 3 months.
4. Applying cold compresses for 2–3 days after surgery helps reduce swelling. When applying, place gauze or a clean tissue over the area to prevent water from touching the wound.
5. Stitch removal is typically done between 7–10 days after surgery and may require two sessions depending on healing progress.
6. Showering and gentle face washing are possible from the 3rd day after surgery. Take care to avoid irritation, and keep the wound area dry after washing.
7. Incision scars may appear red and firm for 2–3 months but will gradually fade and become less noticeable over 6 months to 1 year.
8. Temporary hair loss may occur near the incision line on the scalp, but this usually improves over time. The incision line itself may also appear firm for 2–3 months.
9. Daily life may feel uncomfortable at first, such as difficulty opening your mouth widely, but this improves as healing progresses.
10. Avoid applying cosmetics or any other irritating substances to the surgical area.
11. Strenuous exercise should be avoided, but light daily activities do not interfere with recovery.
12. Recovery speed varies by individual, and improvements in sensation may continue for more than 6 months after surgery.
13. If you experience severe pain, bleeding, or skin color changes within the first 24 hours, contact the hospital and return for evaluation immediately.

⚠ If you experience any unusual discomfort or have further questions, please contact the clinic.



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