



PROF. DR. MED. CHARLOTTE

**HOLM MÜHLBAUER**

PLASTISCHE UND ÄSTHETISCHE CHIRURGIE

## **Postoperative rules of conduct after a facelift**

Dear patient,

In order to support a complication-free healing process and achieve an optimal result, it is imperative that you follow the following post-operative instructions. If you have any questions or problems, please contact the doctor on duty in the surgical ward at the ATOS Clinic. We can be contacted by telephone around the clock on 089 20 4000 146.

After the operation, a slightly compressive, padded bandage is usually applied. This will be removed on the first postoperative day before you are discharged, together with the inserted drainage tubes. Get up on the day of the operation to get your circulation going and minimize the risk of thrombosis. Reduce your physical activity to a minimum in the first few days. Any kind of exertion and the associated increase in blood pressure can lead to post-operative bleeding. You should therefore avoid bending down with your head as much as possible. You should lie down a lot and cool your face with cold gel packs or compresses. Your upper body should be slightly elevated. You should also maintain this position at night, whereby neck rolls can be helpful. The neck should also remain stretched out as much as possible when sleeping; strong chewing and facial expressions should be avoided in the first few days after the operation. Liquid or mushy food is recommended.

**Swelling and bruising:** As with any surgical procedure, swelling and bruising also occur after a facelift. They reach their peak on the 2nd to 3rd day and subside again over the course of 1-2 weeks. Swelling is best reduced with cold packs or compresses. Superficial bruising can possibly be treated with heparin ointment.

**Pain:** Immediately after the procedure, the incision or suture lines will hurt and the facial skin will feel a little tight. You will be given sufficient painkillers to relieve this. The pain and tightness will subside over the first few days. If you experience increased pain after discharge, develop a fever or otherwise feel unwell, please contact us immediately.

**Sensory disturbances:** During the first few weeks, you will notice a reduced sensation in the area of the operation, especially in front of the ear. The ears will also feel numb and swollen at times. There is no need to worry, the feeling will largely return to normal.

**Sleep disorders:** Sleeping with your upper body elevated and on your back (so as not to press on the stitches) may be unfamiliar. At worst, take a sleeping pill.

**Washing your hair:** The sutures and staples are "sealed" with liquid dressing during the operation. After removing the drains, you can wash your hair with normal shampoo the very next day and then every 2nd day. This will gently dissolve any remaining blood crusts. Careful washing and facial care with your usual products are permitted, avoiding the suture lines. Please dab rather than rub so that the detached and reattached skin areas do not shift. Hair may be colored again after 6 weeks at the earliest.

**Stitch removal:** Stitches and staples can usually be removed after 7-10 days. You will be called into the practice for this.

**Scar care:** Scars on the face heal very well in most cases and are almost invisible in the end, even without scar ointment.

**Sun-sports-bathing:** Normal sun exposure is permitted. Sunbathing only after approx. 3 months (is generally not recommended for the skin). Leisure and sports activities are possible after about 3 weeks. Lymphatic drainage only after consultation with us.

When will the "new face" be ready? Initially you will feel a little strange due to the swelling and stiffness of the facial expressions. A feeling of tension is completely normal and usually disappears within the first week. Don't be put off by the temporary, unavoidable side effects, but rather enjoy your new, rejuvenated face.

If you have any further questions, please do not hesitate to contact us and we wish you a speedy recovery

Yours sincerely

Charlotte Holm Mühlbauer

+49 89 / 20 4000 205

[praxis@prof-holm-muehlbauer.de](mailto:praxis@prof-holm-muehlbauer.de)

[www.prof-holm-muehlbauer.de](http://www.prof-holm-muehlbauer.de)