

Precautions After Facelift Surgery

Postoperative Care Schedule

Your treatment schedule may change depending on your recovery and progress.

1. Day 1 after surgery — Antibiotic injection and wound care

- An antibiotic injection is given to help prevent inflammation and infection.
- Wound care is performed to check the condition of the skin and for any blood accumulation.

2. Day 2 after surgery — Antibiotic injection, drain removal, hair washing, and wound care

- An antibiotic injection is given to help prevent inflammation and infection.
- The surgical drain and collection bag will be removed.
- One hair-washing service is provided.
- Wound care is performed to check the condition of the skin and for any blood accumulation.
- After this appointment, you may wash your face, shower, and wash your hair at home.

3. Days 7–10 after surgery — Incision check and stitch removal

- Stitches will be removed depending on how the incision sites are healing.

4. Weeks 2–3 after surgery — Earlobe stitch removal

- The stitches around the earlobes are removed last to help prevent the earlobes from being pulled downward into a pointed shape.

Postoperative Precautions



On the day of surgery, take enough rest, and from the next day, take a light walk or exercise to help reduce swelling. *Strength training is possible from the 4th week



Elevating the surgical site above the heart helps to reduce swelling.
*Sleep with a high pillow at home



If you often apply cold compresses for 2 to 3 days immediately after surgery, the swelling will go down. A warm compress will help reduce bruising. Before steaming, apply gauze and a handkerchief *Be careful of frostbite and burns due to sensory deterioration



Do not press on the incision site or allow blood to flow. Leaning or straining your head can cause blood to pool, causing swelling, bruising, and bleeding.



It is recommended to abstain from drinking or smoking for 4 weeks after surgery because they can cause inflammation.



Perm and dyeing can be done 1 month after surgery.



Swimming, sauna use, and Korean dry sauna use can be possible from 1 month after surgery.



Laser procedure and skin care are possible from 1 month after surgery.

Postoperative Care Kit

Prepared to support your recovery and help you achieve a satisfactory surgical result.

Kit contents: Compress packs, pumpkin juice, a sheet mask, cotton swabs, and gauze.

2 Hot packs / Gauze



- **When to Use:** For 7 days, beginning on the day of surgery
- **How to Use:** Apply cold compresses frequently during the first 2–3 days after surgery to help reduce swelling. After that, use warm compresses to help reduce bruising. Place gauze or a handkerchief between your skin and the compress. Be careful of frostbite and burns due to sensory deterioration
- **Benefit:** Helps reduce swelling



3 Packs of pumpkin juice

- **When to Use:** For 3 days, beginning on the day of surgery.
- **How to Use:** Drink one pouch daily, before or after meals.
- **Benefit:** Helps reduce swelling.



A sheet mask

- **When to Use:** Starting 2 weeks after surgery.
- **How to Use:** After washing your face, apply toner to prepare your skin. Fit the mask closely over your entire face and remove it after 15–20 minutes.
- **Benefit:** Helps soothe and hydrate the skin.

Washing Your Face and Hair After Surgery

On Day 2 after surgery, the clinic will remove the drain and collection bag and provide one hair-washing service. Afterward, you may wash your face, shower, and wash your hair at home.

**Water temperature**

Rinse your entire scalp with lukewarm water.

**Drying**

Dry the wound area completely using cool air.

**Washing — Focus on the hair**

Avoid getting shampoo or conditioner directly on the wound, and rinse thoroughly.

**Avoid scalp massage**

Do not massage the scalp in a way that applies pressure.

**Position when washing your hair**

Whenever possible, wash your hair while standing in the shower or have it washed at a hair salon. This helps prevent bending your head forward.

**Perms and hair coloring**

These may be resumed after four weeks.

Postoperative Q&A

We have prepared for your recovery and satisfactory surgical results.

Q. How should I care for the surgical drain and collection bag?

A. The drain and collection bag will be removed at the clinic on Day 2 after surgery. The system has been set up to prevent air from entering the bag. Adjusting it yourself may cause bacterial infection or prevent blood from draining properly. Do not open or empty the bag. Leave it as it is and return to the clinic for your scheduled appointment.

Check frequently to make sure the clamp has not closed.

Q. When can I wash my face, shower, and wash my hair?

A. On Day 2 after surgery, we will remove the drain and collection bag and wash your hair at the clinic. Afterward, you may wash your face, shower, and wash your hair at home.

Q. The wound area on my face feels hot. What should I do?

A. If the surgical area feels hot, contact the clinic and come in for an examination. We will assess the area and provide treatment.



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