

Mini Facelift Surgery – Preparation and aftercare

Preparing yourself for surgery:

Prof Mahajan would have already asked you to stop smoking at least eight weeks prior to your procedure. This includes e- cigarettes and nicotine patches.

You would have been asked to stop any blood thinning medication such as Aspirin, Clopidogrel for a week and Warfarin, Dabigatran etexilate, Rivaroxaban and Apixaban for four days.

Should you develop any skin infections or illness / cold symptoms please contact us.

Clear your diary, allow yourself time to relax before and after your surgery.

Have some paracetamol or paracetamol/codeine handy.

Shower and wash your hair the night before your surgery.

Make arrangements for someone to drop you off and pick you up from the clinic.

On your big day!

Get a goodnight's sleep and be relaxed.

Do not apply any creams or makeup to your skin.

Wear comfortable clothing / shoes. Do not wear any contact lenses.

Bring all your paperwork, medication, reading glasses, books, music and iPad!

Looking after yourself following surgery:

Arrange to have someone to look after you for the first 24 to 48 hours.

For the first two weeks, it is important to sleep on your back, so there is no pressure on your ears. Also, sleeping with a couple of pillows to prop up, helps decrease swelling.

Avoid stooping over as this increases blood flow to the head and can increase risk of bleeding / bruising.

You may wash your hair gently with shampoo from the next day. In particular, make sure you wash the wounds including behind your ears to keep them as clean as possible and prevent an infection. You can use a hairdryer at warm setting.

Dyeing of hair should be avoided for about 3 weeks, until the wounds have well healed.

You may have some discomfort following the surgery, but this can be avoided by taking paracetamol for the first 2-3 days. But if you have unreasonable amount of pain this can suggest a haematoma (collection of blood in the wound) or infection, please contact us so that we can ensure that there are no problems.

Most wounds heal without any problem, but sometimes wounds can become infected in spite of all the aseptic precautions that we take. Please look out for signs of wound infection such as excessive pain, swelling, inflammation (redness), discharge, foul smell, fever or feeling unwell.

You will be seen 7 to 10 days after your surgery. At this stage, your sutures will be removed.

Once your wounds are healed, you can start gently massaging them with a moisturising cream after two weeks. Newly healed wounds can itch and this is a sign of healing and the nerves regenerating. Do not scratch the scars, instead gentle massage helps.

Scars can take up to 12 months to mature fully. It is helpful to continue to massage them with moisturising cream while they mature. Avoid exposing scars to sunlight for at least 6 to 12 months as fresh scars are sensitive to sunburns. Also avoid tanning for this period to prevent hyperpigmentation of the scars.

Eat a healthy diet as good nutrients and vitamins help the wounds heal well.

Do not smoke (or use e-cigarettes or nicotine patches) as this can compromise wound healing significantly.

There will be some swelling and bruising for about two to four weeks. Swelling varies from patient to patient. Most of the swelling settles in four to six weeks, but continues to settle fully after that for a few months.