



## **Postoperative Precautions after Mid-face and Lower-face Lift**

1. Avoid getting the wound wet within 3 days after the surgery to prevent infection. You can start washing your hair on the fourth day with gentle finger rubbing. Avoid using your fingertips to scratch your scalp and using stimulating shampoos or hot water.
2. Ice compress: Apply ice compress (wrapped with gauze or towel) for about 15-20 minutes, rest for 15-20 minutes, to reduce swelling and pain within the first 3 days after surgery.
3. Warm compress: You can start using warm compress (wrapped with gauze or towel) on the fourth day for 15-20 minutes, rest for 15-20 minutes. You can continue using warm compress until the swelling and bruising subsides. The temperature of the compress should be tolerable on the inside of the elbow.
4. Avoid intense exercise such as weightlifting and aerial yoga within one month after the surgery.
5. It is normal to feel numbness or swelling around the wound after the surgery. It will gradually improve within 3-6 months.
6. The recovery period is about 1-2 weeks, and the expression will become more natural after one month.
7. Change the dressing for the wound from near the ear to the front of the earlobe, and then behind the ear. The dressing should be changed twice a day by cleaning the wound with sterile cotton swabs and saline solution, and then applying antibiotic ointment.
8. Avoid getting the wound wet on the day of surgery. You can use boiled water or saline solution to wash your face gently.
9. Try to keep your head higher than your heart during the recovery period to



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avoid bending or lowering your head, which may cause bleeding and swelling.

10. Depending on the situation, you may need to wear a headgear or elastic band for compression fixation all day long, which can be removed after about 3 days. The stitches can be removed 7-14 days after mid-face and lower-face lift surgery.