



LASE  COSMETIC

PATIENT AFTERCARE GUIDE
FACE AND NECK LIFT

FACE

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Your full, personalised advice will be given by your surgeon specific to your individual needs and you will receive written instructions prior to your surgery but here is a brief overview.

Can I go home the same day?

Yes, face lift surgery can be carried as day case surgery or as an overnight stay. Your surgeon will advise what is most appropriate for you.

When can I shower?

You can shower the day after your surgery. You should avoid the shower directly on your face so from the neck down and just gently pat your face dry afterwards.

Do I need to sleep on my back following surgery?

Yes, we recommend sleeping on your back propped up with an extra pillow or a V pillow for 2 weeks.

When are my dressings and sutures removed?

You may have some dressings on your face & neck. Any sutures are usually removed between 3-10 days, but your surgeon will discuss this with you.

Will I have bruising?

There is likely to be bruising following your surgery, but this will settle over the first 2-3 weeks.

How long will it be before I see the final results?

It can take 3 months and sometimes longer for the swelling and any lumpiness to settle. Facial contours will become more defined at this stage. Scars take up to 12-18 months to fully mature.

How long do I need to take off work?

We recommend up to 2-3 weeks off work and longer for more physically active jobs. Home based office jobs can be a little sooner.

Can I still exercise?

Any form of physical exercise should be avoided for the first 4-6 weeks.

Can I drive after surgery?

We suggest around 1-2 weeks before you can drive. Check with your car insurance that you are covered.

Who do I contact in an emergency?

We give our patients a direct number for your surgeon on discharge. You can use this if you are concerned about anything overnight. We give you a call the next day to check on you, and you can contact the clinic between your follow-up appointments.

Do I need to buy a support garment?

We provide you with a support garment following your surgery which we fit on the day.

How long do I wear the support garment for?

Apart from showering, we recommend that you wear it day and night for up to 6 weeks.

Patient aftercare guide





IMPORTANT NOTICE

This aftercare guide provides general information to support your recovery following treatment at LASE Cosmetic. Every patient is different, and your clinical team will provide personalised guidance specific to your procedure, health, and circumstances.

Always follow the specific verbal and written instructions given to you by your consultant or practitioner. If there is any conflict between this guide and your personal aftercare instructions, follow your personal instructions and contact your LASE clinical team to clarify.

This document does not replace medical advice. If you are ever in doubt about your recovery, please contact us.