

## Facelift

### Before the Intervention:

- You are advised to stop smoking during the month before the intervention.
- Taking Aspirin or anti-inflammatory medication is forbidden for ten days before the intervention;
- You are advised to take 3 x 2 “Traumeel” tablets for three days before the intervention, in order to reduce the appearance of bruising. The Traumeel must be taken on an empty stomach. You can replace Traumeel by taking Arnica 9CH, 8 days before the surgery (5 granules 2 times a day, 1/2h before your meal in the morning and in the evening) and on the day of the surgery Arnica 9CH and Apis 15CH (5 granules in the morning on an empty stomach).
- You are advised to take “Nutrimentum” food supplements during the month before the intervention.
- On the day of the operation, you are advised **not to wear make-up, nail polish or use day cream.**
  - On the day of the operation, you are advised **not to wear contact lenses.**
  - On the day of the operation, you are advised **not to wear any jewellery/piercings.**
- During the morning before the intervention, your **hair must be washed with a disinfectant soap** of the Hibiscrub, Uni-Cura or Betadermyl variety (available from chemists).
- For six hours before the intervention, you are forbidden to drink alcohol or to smoke, and you are advised to eat very lightly.

**NEW: hyperbaric oxygen therapy before and after surgery. HBOT therapy helps to improve/accelerate the healing process. Cost: £180 for 2 sessions.**

**It is important and obligatory to wear anti-embolic stockings on the day of your surgery. Please provide the long ones up to above the knees. These you can buy at the pharmacy or at our clinic (30€).**

### After the Intervention:

- Driving is forbidden for 24 hours after the operation.
- You are advised to take 2 “Traumeel” tablets every hour for 7 days after the intervention, in order to reduce the appearance of bruising. The Traumeel must be taken on an empty stomach.
- Depending on the procedure, you will be given an adjusted pain and antibiotics schedule. In case Medrol 4mg is prescribed please take these as following: day 1-2 post op: 8 tablets, day 3-4 post op: 4 tablets, day 5-6 post op: 2 tablets, day 7-8 post op: 1 tablet a day. They can all be taken at the same time.
- After the operation, a dressing and two drains are applied; they will be removed the next day at Beclinic.
- An oedema will appear after the operation, but it will start to go down of its own accord after 7-10 days. Some bruising will remain visible for about ten days.
- In order to reduce the oedema and the bruises, it is recommended that you sleep for 5 days with your head slightly raised on two pillows.
- You can wash your hair as from the third day after the intervention. We advise not to use any hair dryer for two weeks after the surgery and not to get your hair dyed 6 weeks after the surgery.
- The stitches will be removed 7 days after the surgery by your doctor or at Beclinic.
- Once the stitches have been removed, the scars can be massaged with Zeitschild scar cream (available at the clinic) or Cicalfate (Avène). When they are closed, a silicone cream (of the “Bapscarcare”, “Cerederm” or “Dermatix” variety) can be applied in order to help the healing process. It is important to protect the scars from the sun for at least a year (spf 50+).
- Wearing make-up before all the stitches have been removed is forbidden. You may wear your day cream from day 3 post-operative (do not apply the cream on the scars).
- It is recommended that you do not carry any heavy objects or do any sport for 4 weeks after the intervention.

- You are advised to take “Nutrimonium” food supplements for a month after the intervention, in order to accelerate the healing process.

After the operation, you will receive a personalised letter from us with important information that applies specifically to you. It may differ from the guidelines in this document.

We'd like to see you back for all after care in our Beclinic. A check-up is indicated after 72hours, 14 days and 8-10 weeks after surgery. You may book your check-up appointment(s) at our secretariat. For all In case of further questions, please email [webinfo@beclinic.com](mailto:webinfo@beclinic.com) or call our secretaries at +323099000 or on our free whatsapp number +32 (0) 477 322 000

### **Removing stitches after mini facelift / facelift / necklift.**

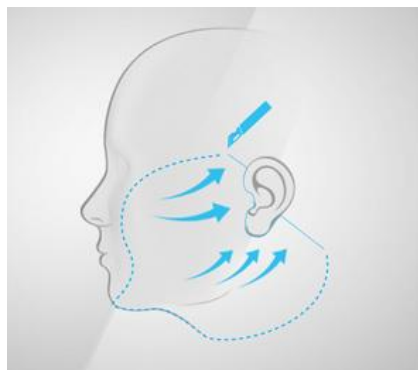
There are stitches situated in front and behind your ears.

The stitches in front of the ears have to be removed on day 7 and day 10. The stitch under the chin may be removed on day 7.

The stitches behind the ears are dissolvable and will disappear after 2-3 weeks.

How to remove the stitches in front of the ear:

- The nylon stitches (blue color) are individual and running stitches.
- The temporal stitches are most of the time individual stitches and clear or white from color.



**Before and after the operation, we will be happy to advise you on how to care for your skin.** (without obligation of course)

If you have any questions or would like to get personal advice and treatment for your skin after the operation, please do not hesitate to contact Emmanuelle, our beauty therapist, who will be happy to assist you throughout your recovery process.

It is advisable to use the appropriate product kit in the month following the operation to speed up the skin's recovery process.

We have 2 options:

**SKIN CARE KIT N°1: 3-STEP SKIN CARE PROGRAM**

The essentials for healthy skin.

- **Gentle Facial Cleanser:** All-in-one cleanser, gently and thoroughly removes daily impurities for all skin types, preserving moisture in all layers.
- **Calm Rebalance Gel:** Restores the skin's balance. Minimizes redness and inflammation while restoring comfort to sensitive skin.
- **Gel Ad.Collagene Natif Avancé AH:** Regenerates soluble collagen and provides optimal hydration to strengthen skin's foundation and resilience.

**SKIN CARE KIT N°2: PRE & POST CARE DUO**

Fortify the skin with collagen and regenerate it with peptides to promote skin recovery.

- **Serum Ad.Collagene Natif Avancé AH:** highly concentrated serum of Soluble Collagen and Hyaluronic Acid. Improves skin quality and health. Supports anti-ageing procedures and optimizes results.
  - **Peptide Complex Serum:** a powerful blend of peptides, which promotes extra hydration, skin density and firmness. Use daily for improved moisture retention. Regenerating care.
- The use of the food supplement **Collagen Gold'Lift BIFORM 10 gr** is recommended to support healing, facilitate recovery and promote overall physical repair. For oral use.