

# Pre & Aftercare Information

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FaceTite™



This information has been provided to enhance your journey through your treatment pathway. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).  
For out of hours emergencies and at weekends, please call 07753 211771.



## Procedure Information

### Preparation before treatment:

- Smoking (Cigarettes or E-cigarette with nicotine): You should avoid or significantly reduce the amount you smoke. Nicotine causes the blood vessels to close up and this effect lasts for 45 - 60 minutes following inhalation. It is one of the most important requirements to lower the risk of postoperative infection and other healing complications. Ideally we would suggest to avoid smoking for a minimum of one month before and after your treatment.
- We ask you to shower daily which includes washing your hair. This is important to lower risk of infections. Any shampoo and conditioner can be used.
- Discomfort can be reduced through the use of oral analgesia so please ensure you have some paracetamol available at home, DO NOT take Ibuprofen or other Non-Steroidal Anti Inflammatory drugs.

## Procedure Information

The day of treatment:

Please DO observe the following on the day of your treatment:

- Enjoy a light meal before attending, unless you are scheduled for twilight sedation or a general anaesthetic.

If you are scheduled for twilight sedation or general anaesthetic, please observe the following:

- Do not eat anything up to 6 hours before your surgery. This includes boiled sweets and chewing gum.
- Do not drink anything but water up to 4 hours before your surgery. Please stop drinking altogether up to 2 hours before your surgery.
- Shower on the morning of your treatment, washing your hair and face well.
- Feel free to wear makeup. We will provide makeup wipes if required.
- Arrange your transport home. We advise you not to drive after the treatment.

## Procedure Information

Immediately after your treatment:

After completing your treatment, you may feel emotional. Your journey has taken a lot of thought and courage.

Edema (or swelling) and a “tightening” effect from the edema and immediate collagen shrinkage should be seen during and post treatment. Improvement of contour may be seen immediately, but all effects improve gradually over 3-12 months. This is also completely normal.

After treatment, you will relax in our recovery room. We will provide you with a hot/cold drink and biscuits after surgery. Our aesthetic doctor or nurse will go through the aftercare and give you instructions on what to expect in the next few days (please always refer to this document).

A follow-up appointment will be made to see the nurse or aesthetic practitioner after one week.

If you have any concerns our door is always open and more follow up appointments can be scheduled.

## Procedure Information

### Aftercare in the days following treatment

#### General Care

- Take your antibiotics for 3 days, if prescribed.
- Keep the steri-strip dressings on for the first day. There are no stitches as the wounds are very small. If the dressings fall off in the shower, you can leave them off but keep the area clean. The holes will have sealed by the first day. You can shower/wash your hair straight away.
- Wear your head support bandage for 2 weeks while in the house. Up to 4 weeks if you can! Experience has shown that the more you stick to this, the better the result.
- If you need to, you can take routine pain-killers (paracetamol but NOT IBUPROFEN or other Non-Steroidal Anti-inflammatory drugs) but this is rarely necessary.
- Sleep with your head slightly elevated for the first 48 - 72 hours to reduce swelling, minimise talking or chewing for 48 hours. We recommend a soft diet for the first two days.
- Make-up may be applied after 72 hours to cover the redness or bruising, avoid the incision sites while they are healing, even when scabs appear and do not pick at the scabs.
- Do not immerse the incision sites in water until fully healed.
- Avoid using drying facial products including retinols or acids such as salicylic or glycolic acids) for 3 weeks following the procedure. Do not rub or irritate the skin.

#### The First Day and the Day After

- Your face will be swollen and you may notice swelling spreading down your neck beneath the face bandage.
- It's normal to feel very numb for a period of a few hours the first day.
- Bruising will become more obvious once the anaesthetic wears off.
- You will notice skin contraction in your face and neck immediately and, if you have had fat removed from your neck, you will see a difference there on the first day.
- On the 'morning after', you may well look worse than you imagined you would! Don't worry. You may look swollen, bruised and may still feel numb. Areas of your face and neck will feel quite tender.

## The First Week

- Your face will be swollen and you may notice swelling spreading down your neck beneath the face bandage.
- Bruising will appear then start to fade.
- The 'dense' numbness of the first day will resolve but residual numbness will remain and may not recover for a few weeks.
- Contraction of the face and neck skin will be obvious but will not appear as drastic as the very first day. The process of skin contraction will continue for over 6 months.
- You should notice several small (1 cm or so), firm lumps on your face and neck especially. These are caused by the heating treatment and is an indication of future tissue contraction. Think of them as 'spot welding'. The more you have, the better the result. They will all disappear in time over the ensuing 3-6 weeks.
- Your face and neck may still feel quite tender.

## 3 to 6 Months

- You may stop noticing any change but it is happening! Slowly, over the passing months more collagen and elastin is being formed in the tissue.
- Massage your neck during this time encouraging the contracting tissue to lift (Bio Oil or perfume free, light moisturiser may be used).
- The lumps should all be gone by the end of 3 months.
- By 6 months, most of the contraction will have taken place but there have been reports of continuing contraction up to 18 months.





Please do not hesitate to contact us if you have any questions, queries or concerns.

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