

Pre & Aftercare Information

Concept™ Facelift



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 surgery:

- 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 surgery.
- 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.
- We suggest you buy some soft foods such as: porridge, soup, pasta etc for after the surgery. As the SMAS muscle has been repositioned for the first few days, some patients feel very tight and sometimes it is difficult to chew hard foods. It will only last for a few days.
- After surgery you need to sleep elevated for 7 days, therefore ensure you have enough pillows or a V Pillow to help with your comfort. You DO NOT need to sleep upright - 1 - 2 pillows to aid drainage of the swelling.
- Please arrange transport home with a family member or friend. Public transport can be used but it is recommended to have someone accompanying you.
- You will require regular pain relief for the first few days and can require it for longer. You will be given paracetamol and ibuprofen to take home but please make sure you have some available at home also.
- Do NOT take Arnica or herbal tablets 10 days before and 3 days after your surgery. This will significantly reduce your risk of bruising.
- Please wear a dark top, not white.
- We will provide cold compresses, sterile gauze, a pillow protector and painkillers for you to take home on the day of surgery.

Procedure Information

The day of surgery:

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

- Enjoy a good meal before attending, unless you are scheduled for twilight sedation or a general anaesthetic.
- Shower on the morning of surgery, washing your hair and face well.
- Feel free to wear makeup. We will provide makeup wipes if required.
- Bring a scarf for your comfort and discretion after surgery
- Arrange your transport home. We advise you not to drive after the surgery and have someone help to take you home.

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.

Procedure Information

Immediately after surgery:

After completing the surgery, you may feel emotional. Your journey has taken a lot of thought and courage. You will look and feel tighter than the final result that you will achieve. You will notice changes in your appearance over the next few hours after surgery. This is also completely normal.

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

We will make your follow up appointments. This will consist of:

- Approx 1 week follow up with our nurse and wound care specialist.
- Approx 6 week follow up with your surgeon.
- Approx 6 month follow up with our nurse and wound care specialist.

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

Procedure Information

Aftercare in the following days post-procedure

Do not be alarmed that you look very tight, pulled and swollen. To make this procedure possible under local anaesthetic fluid has been injected, which needs to be absorbed by the body. We advise you to allow 7-14 days for your recovery, on the basis that the swelling will start to diminish gradually. Your final result will look very different after the 'recovery' period.

DO NOT pull your ear forward to look at the scars. You will be tempted to do this but each time you pull on the ear in this way, you will be putting added tension on the scar line. Let your body heal.

You will look at your face more often than before and will notice lots of changes. These will all change over the next two to three months. We expect there to be bruising and swelling. The scars will be raised and red. This is all normal. There will be scabs that form on the scar itself.

After 1 week, you will notice that the swelling has reduced but some areas may still be swollen. This again is normal. Your earlobes will be swollen and will look pulled. This will also settle down over the next few weeks.

In the first week following the procedure it is important to follow these simple steps:

- Sleep with your head elevated. This can be done by propping yourself up in bed with 2 pillows. This will allow any residual fluid to drain away and will ease the feeling of facial fullness. You do not need to sleep upright as this can cause a sore neck.
- Drink plenty of fluids and eat well the evening of your procedure. Do not be alarmed if you can only eat soft foods for the first few days.

- Avoid showering until the morning after your procedure. We then encourage you to shower and wash your hair as normal. Once you have done this, you can then gently blow dry your hair and the area around your ears with the hairdryer on its cool setting.
- Avoid putting any cosmetic products including cleaners and make up on or around the incisions. You can use moisturiser on the skin but avoid it around the scar.
- Do use a cool pack on the incisions as this will help reduce any residual fullness.
- You may require some painkillers in the first few days after the Concept Facelift. We would recommend a combination of Ibuprofen and Paracetamol- providing you are not allergic to either of these medications. Ideally take alternate doses every 2 hours.
- Around 5% of patients can have some ear pain. This will settle within a week or two, but you will need to take painkillers regularly.
- You will have been provided with some protective pads which are to be placed on your pillowcase at night and will absorb any residual oozing.
- Some oozing is common in the first 24-48 post procedure and we provide you with some sterile gauze so that you can dab any drips. Mild oozing is nothing to be alarmed about and is a normal part of the healing process.
- If you have had liposuction, please take the tape off after 24 hours post procedure. You need to start gently massaging the area with the palm of your hand. Please continue doing this a few times a day, for approximately 2-3 months after surgery. This will be explained in more detail on your 1 week follow up appointment with our nurse and wound care specialist.
- Asymmetry, lumps and bumps are all common throughout the healing process. You can use massaging techniques daily to help reduce these.

Procedure Information

Aftercare in the following weeks post-procedure

DOs and DON'Ts:

- Do continue with painkillers if required
- Do keep incisions clean and dry
- Do resume normal activities however avoid vigorous exercise or heavy lifting for 2-4 weeks post procedure.
- Don't apply any makeup, moisturiser or oils to the incision line until advised by us (typically 2-3 after the procedure).
- Don't allow pets of any variety to share a bed with you and avoid allowing pets near your face for the first four weeks after your procedure. Allowing pets near your face has the potential to result in an infection. However being vigilant will help reduce this risk.
- Do be vigilant with hand hygiene.
- Do notify us immediately if you have any concerns or notice any increased redness, heat around the incision or if you have any discharge from around the ear.

Our nurse will have advised on when you can start massaging the area around your ears and the best technique to use.

Procedure Information

Photographic examples



Incision straight after surgery



1 week after surgery



2 weeks after surgery



3 - 6 months after surgery



Patients may have some bruising after liposuction (please see picture), this is normal and can last up to 10-14 days.

Procedure Information

What to expect and FAQs

My ear is still numb and it has been a few weeks since the surgery?

The operated wound area will be swollen, raised, and occasionally bruised, with accompanying numbness . These effects are normal and will resolve over the coming weeks, although the numbness directly in front of the ear can last approximately 6 months.

My scar is red and raised. Is this normal?

The scars will remain red and raised for a period of time after surgery. These will eventually settle down but can be lumpy and raised for a couple of months following surgery. The scars will mature over 6 -9 months and during this time will become red on exposure to sunlight. Therefore, it is advisable to use high protection cream on the area for 6-9 months following surgery.

How soon can I massage my scar?

We recommend the use of scar improvement oils such as Rose-oil. Massaging of the scar is not usually initiated before 2-6 weeks from surgery to allow the wounds to heal. Your nurse or surgeon will advise when it is appropriate to start massage.

When can I swim or have a bath?

Swimming and baths can be resumed after the wounds have completely healed, usually at 2-4 weeks after surgery

When can I dye my hair?

You can dye your hair once the wounds have completely healed, usually at 2-4 weeks after surgery

How often should I massage my chin and neck?

We recommend you massaging under the chin especially after liposuction, a few times a day for approximately 2-3 months after surgery. This will help to improve the end result

When can I start driving?

We recommend allowing at least 24 hours before driving or until you feel safe to perform an emergency stop. You should be able to move your neck from side to side and be safe in the car. You might find this difficult immediately after the surgery and for the next few days thereafter. Listen to your own BODY. Please remember every patient healing journey is different.

Procedure Information

Further information

For more information about the Concept™ Facelift and aftercare information, please watch our videos on our website at www.bellavou.co.uk/videos/concept-facelift-aftercare.

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

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