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### **ADVICE AFTER FACE-LIFTING**

You should expect at least three weeks off work.

You will return home with a white turban or "crash-helmet" style dressing to keep on for the first five days. Before coming in for your next dressing, you must remove this one and wash your hair in luke-warm water with a disinfectant soap.

Your face will be more or less swollen for three or four days. Some people think they look like Spielberg's ET! There may be visible bruising for the first week or ten days. If this is too much, use a special gel three or four times a day. If you have dry skin, you should moisten your face with a mineral water spray and apply a lotion three or four times a day.

You will have a few stitches and clips removed at five days, others at ten days and the rest at 15 days after operation. After that you can apply make-up again.

#### **Very important:**

1. You must not smoke at all for at least 2 to 3 weeks.
2. You must not take aspirin or any of its derivatives, or any vitamin E drug for 10 days before and a week after operation.
3. You must take a liquid diet for at least ten days: for example soup, puree, bananas, yoghurt, stewed fruit ...You may try some chopped meat after three days.
4. Do not turn your head to the side for two weeks, as if you were wearing a neck brace. You should be able to turn your head freely from four weeks after the operation. The medical reason for this is to avoid pulling on the stitches behind the ears, which would risk bruising and, later, keloid formation (ugly scars) or white patches.
5. In bed, you should remain half sitting, with your head leaning back so as not to feel your neck too tight due to the neck-lift operation.
6. To avoid swelling, do not put your head too far down. Eat papaya or pineapple which contain useful natural ingredients.
7. Play no sport for two months.

8. Avoid the sun for two months, or more if you have had combined peeling or dermo-abrasion. Even then, a good sunscreen is essential.

In summary, the various types of face-lift are very valuable to correct or rejuvenate facial features. They are well tolerated by patients, and in most cases give full satisfaction. If the patient wishes, there are complementary treatments later to complete or maintain the result, such as collagen injection, peeling, vitamin A cream, and many others.



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