



NewMe® Health Clinic

Time to make a change

Facelift Post Operative Care Instructions

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NOTES:

I am a board-certified Plastic and Aesthetic Surgeon with several years of experience specializing in facial aesthetic procedures. My primary focus areas are facelift, rhinoplasty, and blepharoplasty, through which I aim to achieve natural, balanced, and long-lasting results tailored to each patient's unique facial structure.

We prepared this booklet to inform our patients who are planning to undergo or have already undergone a facelift surgery. It explains the process in detail, outlines what to expect during the recovery period, and is designed to help ensure a smooth and comfortable post-operative experience.

I have been working at Newme Health Clinic, performing a wide range of aesthetic surgeries using advanced and reliable techniques.

We wish you a smooth recovery and beautiful results. Your comfort, confidence, and satisfaction are always our top priority. Please feel free to reach out to us with any questions or concerns during your healing journey.



FACE MASSAGE - STEP BY STEP

Before starting

- Wash your hands.
- Wash and dry your face.
- You can apply a light moisturizing cream to help your fingers glide.
- Use gentle pressure - not too strong, not too light.



1. Two-Finger Technique - Around Eyes

- Place two fingers near the root of your nose (middle of your face).
- Gently move your fingers up and to the sides, following the line above your cheekbones toward the outer corners of your eyes.
- Never push down - always up and out.
- At the end of the movement, hold your fingers gently near the outer eye corner and lift the skin slightly upward.
- Count in your head: One Two Three Four Five.
- Then start again from the center and repeat.

2. Midface Massage - Cheeks to Temples

- Start from the side of your nose, move your fingers gently over your cheekbones toward your ears.
- Then from the corners of your mouth, move up and diagonally toward your ears.
- Always massage upward and outward.

3. Neck Massage

- Under your chin, massage gently toward your ears.
- For the lower neck, massage downward toward your collarbones (clavicles).



Important Note: If you feel pain, or if swelling or redness increases after massage - stop immediately and contact us.

FACIAL MUSCLE EXERCISES

How to do it

Do these exercises in the morning and evening, for about 5 to 10 minutes.

1. Eye Squeeze Exercise

- Gently squeeze your eyes closed, count to 5, then relax.
- Repeat several times.

2. Smile Exercise

- Try to smile firmly, then relax.
- Repeat 5-10 times.
- Don't worry if it's difficult at first - your muscles will improve over time.

Reminder

By doing these massages and exercises regularly, you will help your face heal faster and keep your results beautiful and natural.

Thank you for watching and take care!



Please scan the QR code
to watch the video.

**Important Note:**

If you notice any unusual swelling or redness during the massage, please stop the massage immediately and inform your coordinator.

**Important Note:**

Before starting the massage, make sure your hands are clean. Avoid applying too much or too little pressure maintain a gentle, consistent touch throughout the massage.



DEEP PLANE FACELIFT & NECKLIFT

Post-Operative Recovery Brochure

DAY 1 - SURGERY DAY + 1

You will stay in the hospital for observation. Some things may feel unfamiliar today, but everything you experience is expected and temporary.

Doctor's Morning Visit:

- Your surgeon will visit you in the morning.
- Your dressings will be changed, and your incisions carefully examined.
- This visit ensures your healing is progressing as planned.

Eyelids:

- If upper and lower blepharoplasty was performed, there will be steri-strips over the eyelids.
- If fat repositioning was done, small cotton pads may be placed over the eyes. This is normal.



Expected Symptoms:

- Mild pain
- Bruising and swelling around the eyes
- Tingling, numbness, tightness, or muscle weakness in the face

Dressings & Drains:

- There will be facial and neck bandages.
- Surgical drains help reduce swelling and bruising. They usually remain in place for 1-2 days.
- Nurses will change dressings and monitor you regularly.

Resting:

- Keep your head elevated.
- Avoid bending your head forward.

Nutrition:

- Only liquid and soft foods are recommended.
- Stay well hydrated.

Mobilization:

- Walking is essential to improve circulation and reduce risks like clot formation.
- Do not get up suddenly: first sit up in bed, wait a few minutes, and if no dizziness occurs, start walking short distances.

DEEP PLANE FACELIFT & NECKLIFT

Post-Operative Recovery Brochure

DAY 2 - POST-OP DAY 2

Doctor's Morning Visit:

- Your surgeon will re-examine you and change your dressings.
- Drain output is checked. Drains may be removed if output is low or left another day if needed.

Discharge Planning:

- If all is well and you feel comfortable, you may be discharged to your hotel.
- Most patients are discharged on day 2.

Nurse Hotel Visits:

- Our nurse will visit you daily at the hotel.
- She will perform your dressings, monitor your healing, and support your medical needs.
- She communicates daily with your surgeon using photos and videos.

Medications:

- All necessary medications are provided by the clinic.
- You will be informed in detail how and when to use them.
- The nurse will help you organize and follow your medication plan.

Hygiene:

- Starting from day 3, you may shower before the nurse visits.
- Wash incision areas gently with soap and water, dry with a clean towel.
- Nurse will change your dressings after.

Common Symptoms:

- Swelling and bruising may peak on day 2 or 3 and will gradually decrease.
- Mild discomfort, numbness, tingling, or facial tightness may continue.
- Rest with your head elevated, avoid looking down, and walk gently at intervals.

In the early stages of the facelift recovery, **temporary asymmetries** and **dimpling** around the suture lines may occur. These are common and usually improve gradually as the healing process continues.

After surgery, temporary changes may occur in the shape or position of the lower eyelid. This is often related to swelling and a condition called chemosis (which means swelling of the white part of the eye specifically, the conjunctiva). As a result, the lower eyelid may look slightly rotated outward.

This is usually a temporary condition and improves as the swelling (chemosis) goes down. To support and speed up this healing process, we recommend gentle massage and facial exercises.

DEEP PLANE FACELIFT & NECKLIFT

Post-Operative Recovery Brochure

DAY 5 or 7 - FINAL CHECK-UP BEFORE RETURNING HOME

Final Clinic Visit:

- You will have your final post-op check before flying back.
- Doctor will open dressings, inspect all surgical areas, and make sure everything is healing well.

If all is clear:

- Medications will be re-prescribed with detailed instructions.
- You will receive a printed recovery guide.
- Travel clearance is given.

Photography & Sutures:

- Post-op day 7 photos/videos are taken.
- Eyelid sutures (if non-absorbable) are removed.
- Facelift & necklift incisions usually use absorbable sutures (in temples, around ears, under chin).

These dissolve over time and do not need to be removed.

Incision Care:

- Clean incision lines daily with water and mild soap.
- Dry gently and apply a thin layer of antibiotic cream.

Massage & Exercises:

- Starting after day 7, gentle facial massage and exercises are introduced.
- Instructional video is provided.

Suture Shedding:

- Absorbable sutures usually fall off around week 3 or 4.

Daily Hygiene at Home:

- Wash hair and face normally with shampoo and soap.
- Rinse and dry incisions gently with a clean towel.
- Apply antibiotic cream and wear your facelift corset.

Facelift Corset:

- Should be worn continuously for at least 2 weeks(preferably 3).
- It must apply mild, even pressure to cheeks, neck, and temples.
- Do not wear too tight or too loose.

Bruising & Swelling:

- Bruising usually resolves by week 2 (sometimes 3).
- Swelling gradually reduces but varies by person.

Social Life:

- Most patients feel comfortable going out in public by week 3.
- For some, it may take up to 4 weeks.
- Final results appear around 2-3 months.
- Most patients feel comfortable returning to social life by week 3. For some, it may take up to 4 weeks.
- Visible results typically appear around the 2nd to 3rd month.
- Complete deep tissue healing continues and is usually finalized by 1 year.

Scar Treatment (After Week 2):

- Starting from the 2nd week, you may begin scar treatment for facelift and necklift incisions (not the eyelids).
- Anti-scar gels are recommended. Apply twice a day.
- Avoid direct sun exposure on incisions and bruised areas.
- Use SPF 50+ sunscreen and wear sunglasses to prevent hyperpigmentation.

Physical Activity:

- Avoid heavy lifting and strenuous activity for the first 2 months.
- Walking is encouraged starting from the first days.
- Other sports and workouts can be resumed after 2 months with doctor approval.

Makeup:

- Light makeup can usually be applied after the 2nd week.

Hair Coloring:

- Hair can be dyed safely after 1 month post-surgery.







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