



PATIENT RECOVERY GUIDE

Facelift

Aftercare Instructions

Your personalised recovery guide following facelift surgery with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Facelift		DD / MM / YYYY	DD / MM / YYYY

Your recovery after a facelift unfolds gradually, and the swelling and bruising that look alarming at first are a normal, passing stage. Keep your head elevated, rest, and let the tissues settle — the natural, rested result emerges over the following weeks. There are no stitches to remove, and your own features re-emerge as the swelling resolves.

1 The First 48 Hours

- Head elevated. Rest with your head raised on pillows, day and night, to reduce facial swelling.
- Medication. Take prescribed pain relief and any antibiotics exactly as directed.
- Facial dressing. Keep any bandage or facial garment in place as fitted for the first few days.
- Gentle movement. You will be up within hours; move gently and avoid bending or straining.
- Cool compress. Gentle cool compresses around the eyes ease swelling and bruising early on.
- No stitches to remove. Sutures are hidden and absorbable — nothing needs removing.

2 Recovery Timeline

- DAYS 1 - 3
Early healing. Moderate swelling, bruising, tightness and numbness are normal. Shower at ~2 days. Rest with the head elevated.
- DAYS 5 - 10
Swelling settles. Most swelling and bruising fade over 7–10 days. Social downtime is usually 5–7 days.
- WEEKS 2 - 4
Back to routine. Tension and numbness ease day by day as nerves recover. Resume exercise gradually as advised.
- MONTHS 1 - 4
Final result. Mild residual swelling resolves over 3–4 months, revealing the natural, rested final result.

“The lift sits in the deep tissues, not the skin — so let the surface calm down in its own time. The swelling hides the result; as it fades, your own face returns, rested and natural.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Keep your head elevated, day and night.
- ◇ Use gentle cool compresses around the eyes.
- ◇ Rest well and move gently.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Bending, straining or heavy lifting early on.
- ◇ Strenuous exercise until cleared.
- ◇ Smoking, which delays healing and risks skin necrosis.
- ◇ Sun exposure on the healing incisions.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Rapidly increasing swelling on one side of the face.
- Bleeding, discharge, or opening of an incision.
- Severe or increasing pain not eased by medication.
- A firm, growing collection of blood under the skin (haematoma).
- Skin that turns dark or dusky near an incision.

5 Discharge Checklist

- ☐ Facial dressing / garment fitted as needed.
- ☐ Pain relief and any antibiotics collected.
- ☐ Wound-care and showering instructions understood.
- ☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS