



PATIENT RECOVERY GUIDE

Face Transformation Aftercare Instructions

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

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

Your recovery after face transformation depends on which procedures were part of this stage — soft-tissue work settles quickly, while bony work asks for more patience as swelling fades. Keep your head elevated, follow the specific instructions for the procedures you had, and give yourself time and grace as your new contours emerge. This is a staged journey, and I am with you through every step of it.

1 The First 48 Hours

- Head elevated. Rest and sleep with your head raised on pillows to reduce facial swelling, especially after bony work.
- Medication & antibiotics. Take pain relief and any antibiotics exactly as prescribed to stay comfortable and prevent infection.
- Wear any garment or dressing. Wear any facial support garment, splint, or dressing exactly as fitted for the procedures you had.
- Soft diet if advised. After jaw or chin work, keep to a soft diet and gentle mouth care as instructed.
- Cool compress. A cool compress in the first day or two eases swelling and bruising around the eyes and cheeks.
- Be patient with swelling. Facial swelling settles gradually; the final contour of bony work emerges over weeks to months.

2 Recovery Timeline

- DAYS 1 - 3
Early healing. Swelling and bruising are greatest now. Rest with your head elevated, use cool compresses, and follow the plan for your specific procedures.
- WEEKS 1 - 2
Swelling eases. Bruising fades and much of the early swelling settles. Soft-tissue refinements look close to final; bony work needs longer.
- WEEKS 4 - 6
Back to normal. Most return to full routine as cleared. Deeper swelling from jaw, cheek, or forehead work continues to resolve.
- MONTHS 3 - 12
Final result & next stage. Contours fully settle over several months. When you are ready, we plan any next stage together.

“We are building your new face patiently, in stages, so it feels authentically yours. Give the swelling time, be gentle with yourself, and reach out whenever you need me — we walk this path together.”
— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Wear any facial garment, splint, or dressing as directed.
- ◇ Keep your head elevated when resting and sleeping.
- ◇ Walk gently from the first day to support circulation.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Strenuous activity or bending head-down early.
- ◇ Strenuous exercise until cleared for your stage.
- ◇ Smoking, which delays healing, especially of bone and grafts.
- ◇ Sun exposure on healing incisions and grafts.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth, or spreading swelling.
- Discharge, bleeding, or opening of any incision.
- Severe or increasing pain not eased by medication.
- A firm, rapidly growing swelling under the skin (haematoma).
- Numbness that worsens, or any difficulty breathing or swallowing.

5 Discharge Checklist

- ☐ Any garment, splint, or dressing fitted as needed.
- ☐ Pain relief and antibiotics collected.
- ☐ Procedure-specific wound-care instructions understood.
- ☐ Follow-up and next-stage plan discussed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any concern during your recovery, call this number at any time
— in complete confidence.

Website — www.nazmibaycin.com

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

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS