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CARING FOR YOUR SKIN AFTER A FACELIFT



You've taken your time, done your research, and considered all of your treatment options to get a younger-looking face. Maybe you've even tried a few non-surgical procedures but want something more in terms of rejuvenation. Once you decide to have a facelift, your sights can shift to the issue of recovery and how to maximize the improvements achieved through surgery.

Here, we discuss some skin care tips that can expedite healing and help you maintain a more youthful appearance.

Follow post-op instructions. There is no other tip that will trump this one for your immediate healing. Your surgeon gives you post-operative instructions that include activity restrictions, medication usage, and wound care. Every point in our post-operative care guidelines is important to your healing, so review your document before surgery and contact our office if you have any questions. It's also helpful to review your instructions with the person or people who will look after you at home during your first days of recovery.

Skin care. It is important to cleanse and moisturize the facial skin after surgery. Doing so can help reduce the risk of infection caused by bacteria around incisions. Because the face will likely be sore and tender, it is necessary to use a very soft cloth and mild antibacterial cleanser, followed by a soothing moisturizer.

Swelling and bruising. Side effects after a facelift tend to get worse before they get better. It helps to expect this so it does not feel completely alarming. To minimize swelling and bruising, sleep with your head elevated on multiple pillows. You

can also apply cold compresses to the face to ease discomfort and reduce swelling.

Sun protection. This could be considered skin care but it deserves its own mention. Sunlight carries ultraviolet light into the atmosphere. UVB rays can cause tissue damage and increase the risk of skin cancer. So can UVA rays, which permeate through a cloud layer. While incisions are still healing, if you must go outside, wear a wide-brimmed hat. Once your doctor approves it, apply SPF 30 sunscreen all over the face, including the incisions.

Hydrate. The skin relies largely on water to rebuild. Water consumption is necessary after surgery, as well, because it helps the body flush out toxins and the remnants of anesthesia. Flushing toxins is beneficial for wound healing and it can also help prevent severe constipation.

Scar prevention. There is no way to prevent post-surgical scarring. The body naturally develops scar tissue as a response to a cut, scrape, or other injuries. Knowing that scarring is inevitable, turn your attention to optimal wound healing. Cleaning the incisions with water and a gentle cleanser is one way to promote optimal tissue healing. You may also be instructed to apply an antibiotic ointment for some time. Once the incisions have healed, you may begin a scar treatment program using special oils, creams, or silicone sheets.

Company Description

Choosing a plastic surgeon can be a difficult and confusing process. Wading through copious amounts of information, listening to friends and factoring in cost can make a very individual decision overwhelming. Dr. Trussler is recognized in Austin, Texas for Rhinoplasty, breast lift, mommy makeover, and tummy tuck. Dr. Trussler has many years of experience, emphasizing safety and explaining what works and what doesn't. Most importantly, he is real in the often not so real world of plastic surgery.

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Recommended Resources

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Recommended Profiles

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