



# Instructions for patients

## Before the Intervention

- You are advised to stop smoking during the month before the intervention and treat the skin of your face with Chiroxy cream (Auriga).
- Taking Aspirin or anti-inflammatory medication is forbidden for ten days before the intervention ;
- You are advised to take 3 x 2 “Traumeel” tablets for three days before the intervention, in order to reduce the appearance of bruising. The Traumeel must be taken on an empty stomach.
- You are advised to take “Nutrimonium” food supplements during the month before the intervention.
- On the day of the operation, you are advised not to wear make-up or use day cream.
- On the day of the operation, you are advised not to wear contact lenses.

### The MACS Facelift (Or Mini-Facelift)

- On the day of the operation, you are advised not to wear any jewellery.
- During the morning before the intervention, your hair must be washed with a disinfectant soap of the Hibiscrub, Uni-Cura or Betadermyl variety (available from chemists).
- For six hours before the intervention, you are forbidden to drink alcohol or to smoke, and you are advised to eat very lightly.

## After the Intervention

- Driving is forbidden for 24 hours after the operation.
- You are advised to take 3 x 2 “Traumeel” tablets for five days after the intervention, in order to reduce the appearance of bruising. The Traumeel must be taken on an empty stomach.
- You are advised to take Dafalgan (Paracetamol) at a rate of 1gr four times a day, alternating with Ibuprofen 600mg, twice a day. In the event of strong pain, other painkillers could be prescribed for you.
- Antibiotics will be prescribed for you and must be taken twice a day.
- After the operation, a dressing and two drains are applied; they can be removed the next day, either at Beclinic, or by your doctor.
- An oedema will appear after the operation, but it will disappear of its own accord after a few days. Some bruising will remain visible for about ten days.
- In order to reduce the oedema and the bruises, it is recommended that you sleep for three days with your head slightly raised on two pillows.
- The stitches will be removed after ten days to a fortnight, by your doctor or at Beclinic.
- Once the stitches have been removed, the scars can be massaged with Cicalfate (Avène). When they are closed, a silicone dressing (of the “Bapscarcare”, “Cerederm” or “Dermatix” variety) can be applied in order to help the healing process. It is important to protect them from the sun for at least a year.
- Wearing make-up before all the stitches have been removed is forbidden.
- You can wash your hair as from the third day after the intervention.
- It is recommended that you do not carry any heavy objects or do any sport for four weeks after the intervention.

- You are advised to take “Nutrimonium” food supplements for a month after the intervention, in order to accelerate the healing process.

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