

## Post- Face/Neck Tite Instructions

### General Care

1. Take your antibiotics for 3 days. One tablet, three times a day.
2. Keep the steri-strip dressings on (if you have them)
3. the first day. There are no stitches as the wounds are very small. If the dressings fall off in the shower, you can leave them off but keep the area clean. The holes will have sealed by the first day. You can shower/wash your hair straight away.
4. Wear your head support bandage for 2 weeks while in the house. Up to 4 weeks if you can! Experience has shown that the more you stick to this, the better the result. You don't need to wear it while you are sleeping but, if you can tolerate it, it will help.
5. If you need to, you can take routine pain-killers (paracetamol but NOT IBUPROFEN or other Non-Steroidal Anti-inflammatory drugs) but this is rarely necessary.

### The First Day and the Day After

1. Your face will be swollen and you may notice swelling spreading down your neck beneath the face bandage.
2. It's normal to feel very numb for a period of a few hours the first day.
3. Bruising will become more obvious once the anaesthetic wears off.
4. You will notice skin contraction in your face and neck immediately and, if you have had fat removed from your neck, you will see a difference there on the first day.
5. On the 'morning after', you may well look worse than you imagined you would! Don't worry. You may look swollen, bruised and may still feel numb. Areas of your face and neck will feel quite tender.

### The First Week

1. Swelling will reduce but will still be evident by the end of the first week
2. Bruising will appear then start to fade.
3. The 'dense' numbness of the first day will resolve but residual numbness will remain and may not recover for a few weeks.
4. Contraction of the face and neck skin will be obvious but will not appear as drastic as the very first day. The process of skin contraction will continue for over 6 months.

5. You should notice several small( 1cm or so ), firm lumps on your face and neck especially. These are caused by the heating treatment and is an indication of future tissue contraction. Think of them as ‘spot welding’. The more you have, the better the result. They will all disappear in time over the ensuing 3-6 weeks.
6. You face and neck may still feel quite tender

### 3 to 6 Months

1. You may stop noticing any change but it is happening! Slowly, over the passing months more collagen and elastin is being formed in the tissues which were heated during your treatment.
2. Massage you neck during this time encouraging the contracting tissue to lift. Bio Oil is good for this.
3. The lumps should all be gone by the end of 3 months.
4. By 6 months, most of the contraction will have taken place but there have been reports of continuing contraction up to 18 months.