

# Available Procedures At Manchester Private Hospital

## **BREAST SURGERY**

- Breast Enlargement
- Breast Reduction
- Breast Uplift
- Fat Transfer Breast Aug
- Breast Re-Augmentation
- Breast Asymmetry
- Breast Reconstruction
- Transgender Breast Surgery
- Nipple Correction

## **BODY SURGERY**

- Liposuction
- Vaser Liposuction
- Vaser Hi-def
- Tummy Tuck
- Mini Tummy Tuck
- Arm Lift
- Thigh Lift
- 360 Liposuction
- Body Lift Surgery
- Buffalo Hump Removal
- Fat Transfer
- Lipoedema Liposuction
- Pubic Fat Pad Removal
- Gynecomastia
- J Plasma Renuvion
- Vaginal Tightening
- Labiaplasty
- Varicose Veins
- Pelvic Floor Repair
- Brazilian Butt Lift
- Mummy Makeover

## **FACE SURGERY**

- Facelift
- Facial Lipo
- Chin Implants
- Eyebrow Lift
- Nose Surgery
- Eyebag Removal
- Ear Correction
- Septorhinoplasty
- Neck Lift Surgery



**MANCHESTER**  
PRIVATE HOSPITAL

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# Post - Operative Advice **Facelift**

## **WHEN IS MY MEDICATION NEXT DUE?**

Pain Relief - Time \_\_\_\_\_

Antibiotic - Time \_\_\_\_\_

FOR MEDICAL EMERGENCIES

**0787 439 7261**

FOR ANY GENERAL ENQUIRIES

**0161 507 8822**

[manchesterprivatehospital.uk](https://manchesterprivatehospital.uk)

Excellent  ★ Trustpilot

## **CONTACT US**

### **Manchester Private Hospital**

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 0161 507 8822  [manchesterprivatehospital.uk](https://manchesterprivatehospital.uk)

## AFTER SURGERY

Please avoid heavy lifting and bending down without bending your knees as this can cause bleeding due to increased pressure. Please wear your head garment for 5 days 24 hours per day then 6 weeks at night.

Avoid strenuous exercise for at least 6 weeks after surgery as this can increase risk of bleeding and poor healing.

You may need around 1-2 weeks off work depending on your job role. Make up can be worn after 2-3 weeks. Do not drive your car or drink alcohol for at least 1 week after surgery, the pain relief may 'slow down' your normal reactive response.

Please sleep in a semi-upright position to aid reduction in swelling overnight. A cold compress can be gently applied over the face and eyes following surgery. You may wish to buy facial/eye cold packs these are available from Boots the pharmacy and are very soothing following surgery.

They also help reduce swelling in the first 24 hours post operatively. Do not apply frozen cool packs directly to skin as this can harm the skin, first wrap the cool pack with a clean cotton covering or fresh gauze.

## PAIN

You may also be given oral antibiotics please complete the prescribed course. Please inform us of any negative side effects, worries or concerns that you experience.

Please keep your incisions dry for 1 week after surgery.

Bruising and swelling is normal and is to be expected, this should subside within 4-6 weeks after surgery. The cosmetic appearance will improve as swelling settles and can take around 3-6 months to see the final/optimum result when scarring has settled.

You will see the nurse for a wound check at 1 week and 2 weeks post op. You will be given pain relief prescribed by the surgeon. Take these when required. Usually paracetamol and codeine may be prescribed but after 2-3 days if you no longer require them stop. Medication containing codeine can cause you to feel low in mood and can cause constipation so when you no longer need them stop taking them.

To help prevent constipation after surgery eat a good diet with fruit and vegetables. Drink plenty of fluids and walk gently at least hourly throughout your day. Staying mobile is essential in reducing risk of deep vein thrombosis following surgery.

It is important to wear your anti thrombosis stockings until you are fully mobile, minimum 1-2 weeks following surgery and longer if you are inactive

## DEEP VEIN THROMBOSIS (DVT)

Signs of a blood clot called deep vein thrombosis (DVT) is calf pain and swelling. If this happens you must attend Accident and Emergency for investigations. Deep vein thrombosis or DVT can lead to a blood clot in the lung called PE or Pulmonary Embolism which is life threatening. The signs of PE are chest pain and shortness of breath. If you experience these symptoms, you must call 999 as this is a medical emergency.

**DO NOT SMOKE OR BE AROUND SMOKERS FOR AT LEAST 3 MONTHS AFTER SURGERY AS THIS CAN LEAD TO INFECTION AND POOR HEALING.**

**EMERGENCY:** In case of emergency please dial 999 and attend Accident and Emergency this includes sudden high temperature, bleeding, chest pain and breathlessness.