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Recovery Tips for Mini Face Lift by [Julia Roger](#)

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Mini face lift is a quick procedure and takes very short time in complete recovery of the patient. In addition to the guidelines provided by your doctor, you can follow some simple tips to fasten up the recovery process. We are going to discuss some tips that will help you in recovering from face lift UK procedures.

One of the most important tips is to rest as much as you can. Proper rest will help you in recovering from your mini face lift surgery in a short period of time. Try to lay reclined and avoid sleeping flat. It's best to sleep in an arm chair or use lots of pillows to keep your head elevated. This is important to drain fluids and moreover with fluids not pooling in your facial area, it'll be much easier to recover from incisions.

Swelling is normal after any type of surgery including face lift UK surgeries. Make sure to drink a lot of water with the help of straw and keep your head in elevated positions for as long as possible. You need to take care of your diet and avoid excessive sodium which may result in retaining water in your body. Any medications during this period should be prescribed from an experienced physician.

The doctor will place some dressing to keep the skin in its place after the procedure. It is important to wear these dressings until the doctor ask you to remove them. These bandages are helpful in maintaining pain as well as speeding up the overall recovery process. Your doctor will prescribe some medications to comfort your after the surgery. There are some simple tips like wearing button down shirts to avoid any contact from the healing skin or sutures placed to hold your skin.

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