



- * Blepharoplasty - removing the excess of limp skin from eyelids
- * A slimmer face, more visible bones cheek - removal of Bichata fat pads
- * Face contour slimming, liposuction chin and jaw angles
- * Neck Surgery (Platysoplasty, Digastric Muscle Plasty)
- * Pulling up sagging cheeks, BARB 4D lifting threads
- * Facial slimming, anatomical implants, chin augmentation
- * Volumetry of Face, Lips, Palms, Breast Hyaluronic Acid
- * Body fat transplant, lipofilling, lipotransfer
- * Liposuction of the abdomen, sides, hips, thighs, knees, calves, back, arms
- * New Generation of Platelet Rich Plasma
- * Mesotherapy, RF microneedle, Cellular Matrix
- * Botox - expression wrinkles, excessive sweating
- * Muscle electrostimulation, fat reduction, Compex rehabilitation
- * Permanent make-up and melasma removal, spots, picosecond laser tattoos
- * Anti-vascular laser, rosacea, erythrosis, spider veins and telangiectasias
- * Non-ablative Laser rejuvenation, improvement of skin color, tension and density, wrinkle reduction
- * HIFU technology - deep ultrasound face lift, skin tightening treatment
- * Resurfacing, new skin, scar removal, growths, fibromas with ablation laser
- * Medical, chemical skin peel
- * Drops, intravenous infusions, vitamin iV nutritional therapy, vitamins, minerals, amino acids

Recommendations after blepharoplasty.

1. The correction of excess skin from eyelids takes around 1.5 to 2.5 hours. Swelling and bruises usually subside within 2 weeks. Lower eyelids are swollen longer than upper ones. All seams are removed after 8-10 days. A check-up appointment at the clinic can be made 21-28 days after the surgery (if necessary, optionally).
2. We recommend that you should apply a cold compress (cooling dressing) near the orbits immediately after surgery.
3. While sleeping, keep your head high for 48 hours after surgery to reduce swelling. Do not lower your head below the heart level.
4. Take 2 pills of an antibiotic (Cipronex/Duracef/Augmentin) immediately after surgery and then 1 pill in the morning and 1 pill in the evening.
5. Clean the wound with a swap moistened with Octanisept 3 times day.
6. Apply the Floxal ointment on the wound and to the eye twice a day (in the morning and before going to bed).
7. Apply Maxitrol drops 3 to 4 times a day (1 drop every 4 hours).
8. Apply Auriderm XO cream / Arnica gel twice or 3 times a day on the bruised places.
9. Use an UV 50 cream twice a day around the orbit and on the face (I recommend to use a roll-on cream for kids from Deacathlon).
10. Avoid the sun and solarium completely for 6 weeks after surgery. Exposure to UV radiation results in the discolouration of scars and the heat is likely to cause the swelling of eyelids.
11. Contact lenses can be used 2 to 3 days after surgery.
12. Avoid effort and intensive physical exercises connected, in particular, with load lifting for 14 days after surgery.
13. Do not swim for 1 month.
14. Till the third day after surgery, only light physical exercises (like walking or cycling) are allowed.
15. It is forbidden to drink alcohol for 10 days after surgery.
16. Silicon ointments can be applied on maturing scars at the earliest when the seams are removed (after 10 days), but better after 2 weeks from the surgery. Apply thin layers twice a day.
17. Take only medicines and apply recommendations prescribed by your doctor. Do not take any medicines on an empty stomach.
18. Avoid all factors that can increase blood pressure and incite bleeding.

