DEEP PLANE FACELIFT

Before & After Care

From the weeks before surgery to the day your stitches come out.

SANTIAGO ZUCCARDI

PLASTIC SURGEON · BUENOS AIRES



YOUR SURGEON

Dr. Santiago Zuccardi

Dr. Zuccardi's instructions for your deep plane facelift, from the weeks before surgery to the day your stitches come out. Your practical guide to the city is a separate book: the Buenos Aires Guide.



01

What Soledad sends you

Soledad, Dr. Zuccardi's assistant, sends you everything you need before you travel:

Your surgery appointment: date, time and admission details at Sanatorio Agote. Your pre-surgical tests: the list of blood tests, which you can do in your own country if you prefer, and your electrocardiogram appointment the day before surgery, at a Swiss Medical centre or another clinic close to Dr. Zuccardi's office

Your consultation with Dr. Zuccardi at his office

Pre-surgical instructions

Your informed consent, to print, complete, sign and return with a photo

Post-operative instructions

Your prescription, to be filled at the pharmacy

If anything is unclear, write to her. No question is too small.



02

Before surgery

Tests. You can choose to do your pre-surgical blood tests in your own country and bring the results; then, in Buenos Aires, you only need an electrocardiogram the day before surgery. If you prefer to do everything here, Soledad books all your tests at a Swiss Medical centre or another clinic close to Dr. Zuccardi's office.

In the two weeks before: avoid smoking. If you take anticoagulants or antiplatelet medication, stop them five days before, but only after speaking to the doctor who prescribed them. If you have a fever in the 7 days before surgery, tell the team.

The day before: shave your beard or moustache, whatever its length. If you are coming to the hospital alone, send Soledad the contact details of a family member or friend.

On the day

Fast for 8 hours. Nothing by mouth: no food, gum, sweets, or liquids, not even water.

Shower from head to toe with antiseptic soap. No creams or oils on the area to be operated on.

No make-up. Remove piercings, rings and chains. Contact lenses and removable dentures come out before the operating room.

Arrive on time at the admission office of Sanatorio Agote, Dr. Luis Agote 2477, at the hour Soledad gives you. Surgeries start early, usually at 6 a.m.

Bring: your passport, your signed informed consent and any imaging Dr. Zuccardi asked for. Send your lab results and your electrocardiogram with the surgical risk assessment to Soledad on WhatsApp, as a photo or a file: she prints them and leaves them at reception for the day of surgery.

Come with a companion. You may not leave the hospital driving.

Payment: before surgery, in cash or by bank transfer.





03

Your timeline

Arrive at least one day before surgery; two days is recommended. Plan to stay about 14 days after surgery. Dr. Zuccardi removes the stitches around day 14, deciding the exact day case by case. You can fly home right after.

WHEN	WHAT HAPPENS
BEFORE YOU TRAVEL	Soledad sends your surgery appointment, instructions, consent form and prescription. You sign and return the consent with a photo. If you prefer, do your pre-surgical blood tests in your own country and bring the results
ON ARRIVAL	Your consultation with Dr. Zuccardi at Av. Pueyrredón 1770. Your pre-surgical tests at a Swiss Medical centre or another clinic near the office, not at Sanatorio Agote, booked by Soledad. If you did your blood tests at home, only the electrocardiogram, the day before surgery
SURGERY DAY	Admission at Sanatorio Agote, early morning (usually 6 a.m.). Payment settled before surgery
DAY 1	First check-up in hospital, then to your hotel
DAY 2	The surgical assistant visits you at your hotel and removes the dressing
ABOUT DAY 6	Second check-up at the office, Av. Pueyrredón 1770, 15th floor, office A
ABOUT DAY 14	Stitches removed at the office. Dr. Zuccardi decides the exact day case by case
BEFORE YOU FLY	You can fly home right after your stitches are removed



04

After surgery

The night in hospital. You stay the night in your suite, with your companion. The next day Dr. Zuccardi or a member of his team sees you for your first check-up before you leave.

Caring for yourself

Medication: take your antibiotic and anti-inflammatory exactly as prescribed, starting when you arrive at the hotel.

No aspirin or medicines containing aspirin for 7 days.

Sleep half-sitting for the first 48 hours, and keep your head raised for at least two weeks. It reduces swelling and protects the scar.

Compression garment: wear it day and night until your check-up the following week. Take it off only to shower.

Washing: after the 48-hour visit you can gently wash your hair and the wounds. Pat dry, never rub. A hair dryer is fine.

Wound care: clean the wounds twice a day with shampoo, rinse, and pat dry.

Creams and make-up: facial creams from the day after surgery, make-up after one week. Keep both away from the scar.

Eyelids: if you also had eyelid surgery, place cloths soaked in cold water over the eyes several times a day.

Rest: no strenuous activity for 48 hours. No heavy lifting or exercise for at least three weeks, and always ask Dr. Zuccardi first.

Outdoors: wear a wide-brimmed hat, sunglasses and high-factor sunscreen.

What is normal. Some discomfort, swelling and bruising around the face, strongest in the first days and fading over the first or second week. If something feels different, call the team.

Returning to your life

Most patients are back to their usual routine within a month. Dr. Zuccardi guides each step at your check-ups.

WHEN	WHAT YOU CAN DO
FIRST 48 HOURS	Rest, half-sitting. Short walks around your room
FIRST WEEK	Gentle walks. Nothing heavier than a handbag
WEEK 2	Everyday life and longer, easy walks through the city
FROM WEEK 3	Light cardio: brisk walking, a stationary bike, gentle yoga without upside-down poses
FROM WEEK 4	Jogging, light weights, and swimming once the scars have closed
FROM ABOUT ONE MONTH	Your full routine: running, tennis, golf, the gym, classes
CONTACT SPORTS	When Dr. Zuccardi gives you the go-ahead

Sun. Protect your face every day, with a hat and high-factor sunscreen, for several months. Sun on fresh scars can darken them.

Back home. Tell your own doctor you have had surgery before any other treatment on your face, and send Dr. Zuccardi a photo if anything worries you.

Source: American Society of Plastic Surgeons, facelift recovery from day 1 to day 30



05

Before you fly home, and who to call

Before you fly

- ☐ Stitches removed: you are free to fly home
- ☐ A date for your first remote follow-up

By the time your stitches come out, your medication is finished. On long flights, walk the aisle every hour and drink plenty of water.

Contacts

DR. ZUCCARDI'S TEAM	+54 9 11 2492-2521 · WhatsApp drzuccardi@gmail.com
SANATORIO AGOTE	+54 11 5239 6700 · Dr. Luis Agote 2477 Valet parking available. Visiting hours: 10 a.m. to 8 p.m. Children under 12 are not allowed in.

You never need to call the hospital: Soledad handles everything for you. For anything at all, before or after surgery, write or call Dr. Zuccardi's team.

Your personal plan

Prepared for you by Dr. Zuccardi's team.

PATIENT	
ARRIVAL IN BUENOS AIRES	
CONSULTATION	*Av. Pueyrredón 1770, 15th floor, office A*
PRE-SURGICAL TESTS	
SURGERY	*Admission at Sanatorio Agote, Dr. Luis Agote 2477*
FIRST CHECK-UP	*Day 1, in hospital*
SECOND CHECK-UP	*About day 6, at the office*
STITCHES REMOVED	*About day 14, at the office*
EARLIEST FLIGHT HOME	

Notes for you

Notes

Questions for your next visit, and anything you want to remember.

SANTIAGO ZUCCARDI

PLASTIC SURGEON · BUENOS AIRES