DR EYAS MEDANAT

Dr. Eyas Medanat
Unit 303, 3rd Floor, Block B, Ibn Sina Building 27, Dubai Healthcare City, Dubai, UAE
+971 50 108 8378 · info@eyas.doctor

GUIDES · ENDOLIFT™ SKIN TIGHTENING & CONTOURING

Endolift™ Laser Skin Tightening

Endolift™ uses a hair-thin laser fibre placed under the skin through tiny entry points to tighten tissue, stimulate collagen and reduce small pockets of fat. There are no incisions to heal; swelling is the main thing to manage, and the tightening keeps improving for months.



1 At a glance

PROCEDURE TIME	ANAESTHESIA	GOING HOME	GARMENT / DRESSING
1–3 hours depending on areas	Local anaesthetic	Home the same day	Face: chin strap for 3–7 days, mostly at night. Body: light garment for 1–2 weeks

STITCHES	BACK TO WORK	EXERCISE
None	1–3 days	Light activity next day; gym after 1 week

2 Before your surgery

Specific to this procedure

- Arrive with clean skin — no make-up or creams on the area.
- Avoid sunbeds and strong sun exposure for 2 weeks before.
- Tell us if you have a history of cold sores if the face is being treated — we may give you antiviral tablets.

Preparing for surgery

IN THE WEEK BEFORE

- Stop aspirin, ibuprofen and blood-thinning supplements (fish oil, vitamin E, ginkgo, garlic, turmeric) 7 days before, unless a doctor prescribed them for your heart — then ask us first. Paracetamol is fine.
- Avoid alcohol for 48 hours before, and cut down on smoking as much as you can.
- Tell us about your medicines, allergies, and any history of cold sores, keloid scars or easy bruising.
- Let us know if you develop a fever or a skin infection in the treatment area.

ON THE DAY

- Eat a light meal beforehand — this procedure is done under local anaesthetic, so you do not need to fast unless we tell you otherwise.
- Arrive with clean skin: no make-up, creams or self-tan on the area.
- Wear comfortable clothes that are easy to take on and off over the treated area.

3 After your surgery

Your medicines

- Augmentin (antibiotic): 1 tablet twice a day, with food, for 7 days. Finish the full course even if you feel well. Tell us before surgery if you are allergic to penicillin.
- Reparil (for swelling and bruising): 2 tablets three times a day for 7–14 days, as we tell you.
- Brufen (painkiller): take it only when you need it, with food. If you cannot take anti-inflammatory painkillers — for example because of stomach ulcers, kidney problems or asthma — tell us and we will give you an alternative.

First days

- Swelling, tenderness and small bruises at the entry points are normal for 3–7 days.
- Do not put cold or hot compresses on the treated area.
- Face/neck: sleep with your head raised on 2 pillows for 3–5 nights and wear the strap as instructed.
- You may shower and wash the area gently the next day.

Daily life

- Make-up can be applied from 24–48 hours, avoiding the entry points until they close.
- Avoid saunas, steam, hot yoga and very hot showers for 1–2 weeks.
- Avoid strong facial massage, radiofrequency or other energy treatments for 4 weeks unless we plan them.
- Use SPF 50 daily; avoid direct sun while bruised.

4 Your recovery, week by week

Day 1–3
Swelling and tenderness; small bruises.

Week 1
Most swelling gone; back to normal routine.

Weeks 4–6
Skin feels firmer as collagen begins to build.

Months 3–6
Maximum tightening and contour.

Call us straight away if you notice

- Blistering, dark patches or a burn-like area of skin.
- A temperature of 38 °C or higher, shivering, or feeling generally unwell.
- Bleeding that soaks through the dressing, or does not stop after 10 minutes of firm pressure.
- Swelling that is sudden, tense and painful, or clearly larger on one side than the other.
- Redness that is spreading, increasing heat, pus, or a bad smell from a wound.
- Pain that is getting worse rather than better, or not controlled by the medicine we gave you.
- Pain, swelling or redness in a calf, or new breathlessness or chest pain — call 998 first.

Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.