

# 5 Expert Tips For Sleeping Better After Aesthetic Procedures

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The term ‘[beauty sleep](#)’ takes on a whole new meaning after a tweakment or cosmetic procedure, as catching your ZZZs is vital to the healing process. Regardless of whether it’s something on the surgical side (like a [breast augmentation](#) or [facelift](#)) or minimally invasive (think: [dermal fillers](#) and [neurotoxin injections](#)), taking care in how you hit the hay can help minimize swelling, [bruising](#), and speed up the recovery process.

In a world that’s increasingly obsessed with getting quality REM sessions in, we now know a lot about the best ways to effectively combine good sleep habits and care to minimize side effects and complications and get to your coveted “after” shot faster. Here, the best P.M. tips to ensure you wake up on the right side of the bed after an aesthetic procedure.

## 1. Find the Right Sleep Position

The ideal position you sleep in after a procedure is dependent on the area worked on:

### POST-FACIAL PROCEDURES

If you anticipate swelling after a facial surgery or procedure, you’ll want to sleep on your back in the “semi-fowler” position — a 45 degree elevation of the head and torso — for at least a week to allow for proper [lymphatic drainage](#). “Many patients build a crib of pillows around them so that they do not flip over, while others have used a ‘body’ pillow to stabilize them while sleeping,” says [Melissa Doft, MD](#), a double board certified plastic surgeon in NYC.

If you're looking for an over-the-counter alternative, there is another course of action to help bring on the sandman: "Benadryl can be very helpful when patients are having a hard time," Dr. Doft says. And then, of course, practicing good sleep hygiene can work wonders if you're having trouble falling or staying asleep. A few things that have been proven to work:

- Sleeping with socks on (according to a [2018 study](#))
- Laying off blue-light devices (shown to work in a [study published in PLOS ONE](#))
- Keeping nighttime meals lighter (as proven to help in a [study in the Journal of Clinical Sleep Medicine](#))

## 5. Don't Take It Too Easy

Sleep is great — vital, even — after a procedure, but don't go overboard with the lounging sessions. "Many patients want to stay in bed right after surgery, but it is also important to walk around the house a few times a day," Dr. Doft says. It's key for improving circulation, which promotes wound healing and helps ward off blood clots.