

FOREHEAD LIFT POST-OPERATIVE GUIDELINES

Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Plan on taking it easy for at least the first week.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Take any antibiotics as instructed. It helps to eat cultured yogurt or over the counter Acidophilus tablets while on antibiotics to minimize intestinal side effects.
- You may be prescribed steroid tablets to minimize post op swelling. If so, take them as instructed on the packet. Note that steroids can make you feel anxious; this is a common side effect.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 2 weeks.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Back to work or school in 7-10 days, usually sooner for endoscopic patients.
- Limit vigorous physical activity for several weeks; i.e., heavy housework, sex, bending or any activity that increases your blood pressure.
- Full social activities can usually be resumed in 2 weeks.

Incision Care

- Avoid exposing scars to sun for at least 6 months.
- Limit exposure to heat or sun for several months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean and inspect daily for signs of infection.
- Shower and shampoo in 2 days or as soon as bandage is removed.
- When using hair dryer, never set temperature on "hot", as you may not have feeling in operated area.
- Hair bleach or permanent can be applied after complete healing, usually 3-4 weeks.
- Facial makeup can be applied to cover up bruising 3 days after surgery, but not on the incisions.

What To Expect

- May feel tired and let down at first.
- Temporary discomfort, tightness of skin, swelling, bruising, numbness and headaches.
- Full recovery from bruising in 2-3 weeks.
- Minimal postoperative pain.
- As nerves heal, itching may replace numbness on top of scalp, but there is less of an itching sensation with the endoscopic forehead lift.

Appearance

- Younger, more rested look.
- Palpable skin suspension tacks in the outer-upper forehead, for several months.
- The eyelids can become swollen and bruised after 3 days. This resolves within 2 weeks.
- Final results realized in approximately 6 months.
- Visible signs of surgery should fade completely in approximately 3 weeks.

Follow-Up Care

- Stitches or staples used to close the incisions are usually removed within a week.

When To Call

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.
- **If you have any questions or concerns you may reach Dr. Khosh at 212-339-9988.**