

### **POSSIBLE COMPLICATIONS OF FOREHEAD LIFT**

**BLEEDING** – Minor bleeding or oozing from the incisions is common and is controlled by placing cold compresses over the area. Excessive oozing or development of a collection of blood (hematoma) occurs in 1% to 2% of patients, which may require treatment. If this occurs, recover time is not appreciably changed.

**INFECTION** – Infection is possible but very rare. You will be on antibiotics. If an infection does occur, changing to a different antibiotic is generally all that is needed.

**NERVE INJURY** – Permanent injury of sensory nerves that provide sensation to the face, neck, and ears, and injury of motor nerves that provide movement to muscles of the face, can occur. These injuries are rare but have occurred as reported in the medical literature. I do everything to prevent this from occurring. However, **temporary** numbness of the forehead is very common and should not alarm you.

**HAIR LOSS** – Injury to hair follicles in the scalp can occur. I take every precaution to prevent this from happening.

**SKIN LOSS** – Smoking, infection and other problems can potentially cause skin loss adjacent to the incision line. This is very unusual in nonsmokers, and if it occurs, it generally heals without problems.

**ASYMMETRY** – An asymmetry following surgery is usually very slight and is generally associated with a pre-existing asymmetry. I do everything possible to provide a symmetric result.

**IRREGULARITIES** – “Small lumps” or “bumps” following surgery may occur. These resolve over a period of weeks as healing continues.

**POOR SCARRING** – Healing is generally beyond the control of the surgeon after closure of the incision has been performed. If healing results in an unacceptable scar (1% or less), a minor revision may be considered if I feel that an improvement can be achieved. Generally, 6-9 months are needed to assess this, as an undesirable scar can become nearly imperceptible with time.

**LIMITED RESULTS** – Remember, although I strive to achieve the very best result the goal is significant improvement not perfection. I will make every attempt to communicate what each of the recommended procedures can and cannot do for you based on the improvements you wish to make.

**NEED FOR REVISION SURGERY** – If a revision procedure is felt needed by both the patient and surgeon, fees will be charged based on the extent of the revision procedure. Fortunately, if needed, revisions are generally very minor.

## **WHAT TO EXPECT FOLLOWING FOREHEAD LIFT**

**SWELLING** – Swelling reaches its maximum in 2-3 days following surgery. The majority (60%- 70% or more) of your swelling should be gone about 2 weeks. The remaining swelling dissipates over the next several weeks, but you will note that improvement continues over the next several months.

**BRUISING** – In general, this takes 7-10 days to resolve, sometimes a little longer. Bruising descends with gravity and eventually moves onto the chest for Face and/or Neck Lift surgery. This is normal. Bruising may descend onto the upper eyelids with a Forehead Lift. This resolves in the same period of time.

**DISCOMFORT** – Pain is mild to moderate and varies greatly among patients. One side may be more uncomfortable than the other and this is normal. However, if your pain is severe, especially if on your first night after surgery and your bandages are soiled, **call** me. Use your pain medication as needed. Most patients find they need their prescription pain medication for only few days progressing to Acetaminophen (Tylenol) as the discomfort decreases. It may be helpful to continue use of your prescription pain medication during the night to help you sleep more comfortably. The sooner you can move off your prescription pain medication the faster your recovery. It is not uncommon to have some muscular neck discomfort (often referred to as tightness) for a short period. This resolves as healing progresses.

**FEELING DOWN** – Almost everyone feels a little down following surgery. It usually starts 1 to 3 days following surgery. It is perfectly normal and will resolve as your swelling and bruising resolve.

**ASYMMETRY** – It is not uncommon in the early period to have one side more swollen than the other. This always resolves unless you have a pre-existing facial asymmetry.

**BUMPINESS** – Small lumps or bumps are common. These resolve as healing occurs.

**NUMBNESS** – Most patients will have temporary numbness of the ear. This is almost always temporary, lasting days to weeks.

**SUTURES & METAL CLIPS** – Sutures are removed 6-7 days and metal clips (if placed) at 7 days.

**INCISION** – The incision may look pink or reddish for 2-6 months and then becomes skin tone or slightly lighter. It is important to wear sunblock (SPF 25 UVA & UVB) during this period of time (and everyday).

**FINAL RESULT** – You will see results immediately, but your result continues to improve over the next 3-6 months. Thereafter, you are back again on the aging "conveyor belt of life" once again. It is important you take care of yourself to maintain your result. Remember, although I strive for excellence our goal is improvement not perfection.

### FOREHEAD POSTOPERATIVE INSTRUCTIONS

- After surgery you will have a turban-like dressing. Some patients like to bring a large scarf to cover the dressing.
- The patient had anesthesia and they will be drowsy for 12-24 hours and will need assistance in meals, and taking their medications. Find a place for them to rest, in bed, a couch or easy chair. Check on them regularly to see how they are doing. It is best to take pain medications with food. Review and follow all directions given written and orally. Call if you have any questions.
- Apply cold compresses (e.g. crushed ice or frozen peas in a small plastic zip-lock baggie) to the surgical area for the first 12-24 hours to help minimize swelling and bruising. You may continue with ice packs for 2 to 3 days, but it is not necessary. Swelling will peak 3 days following surgery
- Sleep with your head elevated (30-45 degrees) for one to two weeks by using two to three pillows.
- You may take a bath or shower and gently wash your face and hair on the day following surgery. Avoid tugging or pulling on the incision site or area when washing and/or shaving. Bacitracin ointment should be gently applied to all incision lines four (4) times a day, and after any bath or shower.
- Light activity for 7-10 days. Avoid bending, lifting and strenuous exercising for one week. No driving for several days, **and never if you are taking pain medications.**
- Make-up may be worn (except over the incisions) one week after surgery. Avoid applying makeup on your incisions for at least 14 days.
- Avoid exposure to the sun for one month. Use a **broad-spectrum sunscreen** factor (SPF) of 25 or greater for **at least 6 months** (we recommend daily-ALWAYS).
- Use the medications prescribed for you. When you feel your discomfort can be managed with nonprescription medication we recommend Acetaminophen (Tylenol). Do not use Aspirin or Ibuprofen products that predispose you to possible bleeding for two weeks following surgery.
- If you have severe pain or swelling, particularly if much greater on one side, please call the office. I would like to know what you are experiencing.
- Post-operative visits will be scheduled for you. You be given an appointment for 1-3 days after surgery and then again at about a week. Dr. Nishioka will then instruct you as to further post-operative appointments.

The results of the forehead lift are not immediate. You will experience various degrees of swelling and discoloration in the first several weeks. Time, patience, and careful attention to instructions are key factors in the healing process. **If at any time you have questions or problems, please call my office at 503-581-1567 or the Facial Cosmetic Director during normal business hours at 503-566-4902.**