

FOREHEAD LIFT 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.**