

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 resolves, 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 every day).

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.