

Forehead Post-Operative Instructions

- Your bruising and swelling will peak at 48-72 hours. Keep your head and shoulders elevated at 45° or greater for 10 days. You may put a pillow under your knees to ease the pressure on your back. You may also use a recliner. Please stay on your back.
- You may experience a headache and/or nausea for approximately 24 hours following surgery. Prescriptions given should help if this is an issue.
- You will have a turban-like head dressing. You may remove the dressing at home or if you prefer we can make an appointment for removal at the office.
- Gently cleanse your incisions with 3% hydrogen peroxide diluted 50/50 with water and Q-tips. Apply ointment (white petrolatum) four times daily following cleansing or showering. You will be given ointment at discharge from the Recovery Room.
- You may shower the day after surgery and gently wash your hair. Postpone any hair coloring for six weeks.
- You may apply cold compresses to your forehead 20-30 minutes per hour while awake for three days after surgery. Never apply ice directly to surgical site; crushed ice or frozen peas in a zip lock bag may be applied over gauze sponges.
- Begin with liquids and bland foods immediately after surgery. You may progress to a normal diet as tolerated. Drink 6-8 glasses of water or juice daily to prevent dehydration. Your pain pills are constipating – you may use an over-the-counter stool softener if necessary.
- Take your Sinecch (Arnica) pills as directed on the back of the box.
- Avoid strenuous activity for 14 days. No aerobic exercise, heavy lifting, bending or straining for 14 days.

- For 24 hours after surgery **DO NOT:**
 - *Drink alcoholic beverages
 - *Travel by public conveyance without the present of an adult
 - *Drive or operate complex machinery
 - *Sign legal documents or make important decisions

- If your procedure has been an endoscopic forehead lift you will feel “a bump” under two of your incisions. These are the Endotine implants that will be absorbed in 3-6 months. **DO NOT MASSAGE, RUB, OR MANIPULATE THESE AS THEY MAY DISLodge.**
- **DO NOT TAKE ASPIRIN, IBUPROFEN, NUROFEN, SOLPRIN, ALEVE, NAPROXEN, VITAMIN E, HERBAL SUPPLEMENTS** as these medications can cause bleeding.
- Call the office if you have severe pain or swelling or if you have a temperature of 101° or greater.

- **DISCHARGE MEDICATIONS:**

_____Cephalexin

_____Prednisone Steroids

_____Oxycodone

Follow directions on all discharge medication. **DO NOT CONSUME ALCOHOL OR DRIVE WHILE TAKING PAIN MEDICATION.**

If you are experiencing any significant discomfort, please call the rooms or the hospital in which you had your operation.