

FOREHEAD LIFT POST OPERATIVE INSTRUCTIONS

Introduction

The following is a list of general instructions for your care following your surgery. Please read them carefully several times as most of your questions should be answered here. Instructions for your care will also be reviewed the morning after surgery. Carefully following these instructions should help you get the best results from your surgery.

After Surgery

Following your surgery you will be sent home with a dressing to be worn overnight. The night following surgery it is important for you to have someone with you—this is a must! You should plan on remaining within thirty miles from the location of your surgery for this first night. It is also important for you to keep your head elevated the evening after surgery as well as for the first two weeks following surgery. This can be done by either sleeping in a recliner tilted at 45 degrees or sleeping with two pillows underneath the head. Avoid rolling onto your face. Sleeping on your back for the first two weeks after surgery helps to ensure this.

Daily Care

This care will be reviewed the morning following your surgery:

1. The incisions behind your hairline are closed with staples that do not require daily care. If you have sutures in front of your hairline these will require cleaning two times a day. This is done by cleaning the suture line with baby shampoo on a Q-tip. Next apply a generous amount of either Vaseline or Bacitracin ointment.
2. You may shower the second day following surgery and should shower every day following this. Be sure to use a gentle shampoo such as Johnson's Baby Shampoo.
3. Be sure to report immediately any signs of bleeding that persist after ten minutes of direct pressure, infection, redness, fever, unusual drainage, or pain.
4. Stitches and staples will be removed at the one-week point.

What to expect

Swelling

Swelling will vary both patient-to-patient as well as side-to-side. Swelling may actually increase the first three to four days before subsiding. Most of your swelling should resolve over the first two to three weeks. Do expect, however, to have minor fluctuations in the remaining swelling over the course of the next two to three months. Things to do to minimize this swelling include keeping your head elevated as much as possible over the first two to three weeks, avoid bending over or heavy lifting for the first three weeks, and avoiding prolonged sun exposure for the first two to three months. No massaging the areas.

Discoloration

Bruising will vary like swelling from patient-to-patient as well as side-to-side. Most bruising and discoloration should resolve over the first two weeks. Make up, with Dr. Hamilton's permission, can be applied ten days to two weeks after surgery.

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Numbness

Most of your forehead will be numb following surgery. This is normal and will subside over the coming weeks to months. Unusual sensations, pins and needles, and occasionally mild discomfort may occur as these nerves regenerate over time.

Hair loss

A temporary thinning of the hair along the incision lines can occur. This should grow back over time.

Possible Complications

Bleeding, infection, scarring, relaxation, asymmetry, temporary or permanent hair loss, nerve injury with possible numbness or weakness, possible need for revision surgery.

Restrictions

1. No strenuous exercise for at least two weeks.
2. No heavy lifting for three weeks.
3. Hair coloring should be delayed for four weeks after surgery.
4. No driving for one, preferably two weeks after surgery.

Finally

The healing time for forehead lift surgery is often less than expected and the results are worth the wait. While swelling should be completely gone after four to six weeks, your healing will continue for the entire first year. I will follow you through this entire process, but be patient.

Please do not ever hesitate to contact our office.

Mark M. Hamilton, M.D., F.A.C.S.

Signature

Printed Name

Date