
POST-OPERATIVE FOREHEAD LIFT INSTRUCTIONS

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! Plan to remain within thirty miles from the location of your surgery for this first night.
- Keep your head elevated the evening after surgery and for the first two weeks. Sleep in a recliner tilted at 45 degrees or with two pillows underneath your head. Avoid rolling onto your face — sleeping on your back helps ensure this.

Daily Care

- The incisions behind your hairline are closed with staples or sutures that do not require daily care. If you have sutures in front of your hairline, clean the suture line with baby shampoo on a Q-tip twice a day. Then apply a generous amount of either Vaseline or Bacitracin ointment.
- You may shower the second day following surgery and should shower every day following this. Use a gentle shampoo such as Johnson's Baby Shampoo.
- Report immediately any signs of bleeding that persist after ten minutes of direct pressure, infection, redness, fever, unusual drainage, or pain.
- Stitches and staples will be removed at the one-week point.

What to Expect

Swelling: Swelling will vary patient-to-patient and side-to-side. Swelling may actually increase the first three to four days before subsiding. Most swelling should resolve over the first two to three weeks; expect minor fluctuations over the next two to three months. To minimize swelling, keep 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 avoid prolonged sun exposure for the first two to three months. No massaging the areas.

Discoloration: Bruising will vary patient-to-patient and side-to-side. Most bruising and discoloration should resolve over the first two weeks. Makeup may be applied ten days to two weeks after surgery with Dr. Hamilton's permission.

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 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

- No strenuous exercise for at least two weeks
- No heavy lifting for three weeks
- Hair coloring should be delayed for four weeks after surgery
- No driving for one, preferably two, weeks after surgery

A Note on Healing

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. Dr. Hamilton will follow you through this entire process. Please do not hesitate to contact our office at any time.

By signing below, I acknowledge that I have received and reviewed these post-operative instructions, that my questions have been answered to my satisfaction, and that I understand my post-operative care responsibilities.

Printed Name: _____

Patient Signature: _____ Date: _____