

Patient Name: _____ Date: _____

POST OPERATIVE INSTRUCTIONS AFTER FOREHEAD LIFT

Next Appointment

Date: _____

Time: _____

1. Dressing Care

- Leave dressings in place until instructed.
- Keep head elevated at least 45 degrees for 2-3 days.

2. Activity Restrictions

- Avoid strenuous activity, heavy lifting and pushing for several weeks.
- Exposure to sun should be limited until the incision is no longer red.
- You should be able to shower and shampoo your hair 24 hours after drain is removed.

3. Diet

- No restrictions on eating.

4. Medications

- Take prescribed pain medication as needed.
- DO NOT TAKE ANYTHING with aspirin or aspirin like drugs for 10 days after surgery.
- Use Tylenol for mild discomfort, for more severe pain use prescribed medication.
- Take antibiotics as directed. (Remember antibiotics may make birth control pills ineffective.)

5. What to Expect

- You may experience some numbness and temporary discomfort around the incision.
- Some swelling and bruising, even around your eyes or cheeks, should begin to disappear in a week or so.
- Numbness on top of your scalp may be replaced by itching as nerves heal, these sensations may not fully disappear.

If you have: **nausea, vomiting, dizziness, significant bleeding or pain and swelling** which increase rather than decrease, **call Dr. Olding at 202-741-3241** or the plastic surgery fellow on call at 202-715-4141.