



forehead lift

post-operative instructions

instructions

- Get plenty of rest.
- Plan on taking it easy for at least the first week.
- Follow balanced diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take your medication as prescribed. Do not take aspirin or any products containing aspirin.
- Avoid alcohol consumption for 3 weeks as it causes fluid retention.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Keep head elevated to help minimise any swelling; sleep with head on 2 pillows for the first week after the operation.



activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- Back to work in 7-10 days, usually sooner for endoscopic patients.
- Limit vigorous physical activity for several weeks; i.e., heavy housework, sex, bending or any activity that increases your blood pressure.
- Full social activities can usually be resumed in 2 weeks.
- Massage your face with moisturising cream where you are able. Arnica cream works well.
- You may have a facial after 6 weeks.

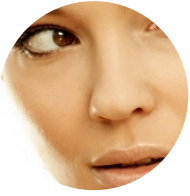


incision care

- You may shower 48 hours post operatively.
- Avoid exposing scars to sun for at least 12 months.
- Limit exposure to heat or sun for several months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean and inspect daily for signs of infection.
- Shower and shampoo in 2 days or as soon as bandage is removed.
- When using hair dryer, never set temperature on "hot", as you may not have feeling in operated area.
- Hair bleach or permanent can be applied after complete healing, usually 3-4 weeks.
- Facial makeup can be applied to cover up bruising 3 days after surgery, but not on the incisions.

what to expect

- You may feel tired and let down at first.
- Temporary discomfort, tightness of skin, swelling, bruising, numbness and headaches.
- Full recovery from bruising in 2-3 weeks.
- Swelling may affect cheeks and eyes for a week or so.
- As nerves heal, itching may replace numbness on top of scalp -- May last up to 6 months.
- Possible hair loss.



appearance

- Younger, more rested look.
- Final results realized in approximately 6 months.
- Visible signs of surgery should fade completely in approximately 3 weeks.

Classic Lift:

- Normal growth of hair around incision usually resumes in a few weeks or months.

follow-up care

Classic Lift:

- Most stitches or clips are removed within 14 days, sometimes in 2 stages.
- If bandages were used, they will be removed in 1-2 days.

Endoscopic Lift:

- Stitches or staples used to close the incisions are usually removed within a week- 10 days.

when to call

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 38 degrees Celsius.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.