

POSTOPERATIVE INSTRUCTIONS FOREHEAD LIFT

DO: Clean staple lines with Witch Hazel and a Q-tip 4-6 times daily.

DO: Continue cold compresses over the eyelids for 2 days.

DO: Sleep with head elevated 30 to 40 degrees (Use pillows, a wedge cushion, or a recliner).

DO: Shower on the first post-op day. Allow warm water to run through the hair without soap or shampoo.

DO: Shower twice daily starting 2nd post-op day. Clean scalp with Johnsons Baby Shampoo. Continue to shower twice daily until the crusting is gone.

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DO NOT: Do any exercising, bending over, or heavy lifting for the first 10 days.

DO NOT: Apply make-up for the first 10 days following surgery.

DO NOT: Pluck eyebrows for 2 weeks.

REMEMBER:

1. You may experience some bruising around the eyelids due to lymphatic drainage patterns.
2. You may experience numbness on the forehead and scalp post operatively. This usually resolves within 3-6 months.

FINALLY, NOTIFY US IF YOU HAVE ANY QUESTIONS

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