

POSTOPERATIVE CARE-OUTPATIENT SURGERY FOREHEAD LIFT

- **Your first 24 hours**

Someone should stay overnight with you.

- **Position**

Resting with your head elevated or being in the upright position will help to decrease swelling during the postoperative period.

- **Dressings**

Keep your dressing as clean and dry as possible. Do not remove them unless instructed to do so.

Initial bulky dressings are usually removed a day or two after surgery. No further dressings are needed.

- **Sutures, Staples**

These are usually removed within 7-10 days.

- **Drains**

Drains are placed under the skin for 24-48 hours. No specific care is required.

Usually they are removed the next morning.

- **Swelling and Pain**

Expect some discomfort. This should be relieved by your pain medication.

- **Ice Packs**

Cold or ice packs help to reduce swelling, bruising, and pain. Use frozen peas in the package or crush ice cubes and put the ice into a zip-lock bag. This should help, not hurt. If the ice feels too uncomfortable, do not use it as often.

- **Bathing, Showering**

You may shower or bathe as soon as the dressings are removed. You may use baby shampoo.

- **Hairdresser**

Avoid coloring your hair for 5-6 weeks post operatively. You may have your hair washed 3 days post-op and combed, but have your hairdresser avoid very hot water, curlers, etc.

- **Activities**

We want you to avoid straining or any aerobic activity for at least 3 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 4-6 weeks. The physician will give you clearance to increase your activities according to the progress of your recovery.

- **Sun Exposure**

If fresh scars are exposed to the sun, they will tend to become darker and take longer to fade. Sunscreen can help. Take care and precautions if the area operated on is slightly numb---you might not "feel" sunburn developing!

- **Diet**

If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet. If nausea is severe, contact the office.

- **Smoking**

Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 15 days after surgery.

- **Alcohol**

Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

- **Driving**

You may resume driving 7-10 days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, do not drive!

- **Sexual Activity**

You may enjoy sexual activity as your body allows.

- **Returning to work**

The average person usually returns to work or to a social schedule in 2-3 weeks. However, there is considerable variation in healing ability and occasionally a full month is required.

- **Post Operative Appointments**

It is very important that you follow the schedule of appointments we establish after surgery.

- **Finally**

If you have any further questions, please feel free to contact the office at 859-254-5665.