



POST-OPERATIVE CARE

ENDOSCOPIC FOREHEAD LIFT

These are the specific instructions for your endoscopic forehead lift. Please read them together with your General Post-Operative Instructions, which apply after every surgery. If you have questions, call the office at (410) 266-7120.

Caring for the Area & Daily Activity

- ◆ You may shower and gently wash your face and hair on Day 2.
- ◆ Apply ice packs to the forehead for the first 3–4 days to reduce swelling and bruising.
- ◆ Sleep with your head elevated.
- ◆ Expect temporary numbness, tightness, or itching of the forehead and scalp as the nerves recover.
- ◆ Avoid tight hats or headbands that press on the incisions.
- ◆ NO HOT or WARM compresses to the brow area.
- ◆ You will be instructed when you may shower and shampoo your hair after surgery
- ◆ DO NOT USE A HOT DRYER ON YOUR HAIR.
- ◆ If you experience dry eyes, you may use over the counter artificial tears; either drops or ointments. Do not use products like Visine.

You can expect:

- ◆ Numbness, tingling, or itching of the forehead and scalp that can last several weeks to months.
- ◆ A temporary feeling of tightness across the forehead.
- ◆ Sutures and/or staples to be removed within 7 days
- ◆ Possible bloodshot eyes.

Call the office if you experience:

- ◆ Any significant changes in vision (anything more than mild blurring)

As time goes by and you are healing, the following guidelines apply:

- ◆ Swelling, bruising and soreness is typically gone within 2 – 3 weeks.
- ◆ You may color or bleach your hair 4 weeks after surgery unless otherwise instructed. After a surgery you might have temporary or permanent loss of sensation, so use caution when grooming your hair. When having your hair colored or permed and the chemical is burning you, that sensation may not be felt right away or at all.