



Postoperative Instructions Endoscopic, Trichophytic or Coronal Forehead Lift

DO:

- Clean staple lines with **Witch Hazel** and a Q-tip 4-6 times daily.
- Continue **cold compresses** over eyelids for 2 days. Dip wash cloth in ice water, wring out and apply every 20 minutes.
- Sleep with **head elevated** 30-40 degrees. (Use pillows, a wedge cushion or a recliner). Sleep on your back, not on your side or stomach.
- **Shower** on the first post-op day. Allow warm water to run through your hair **without** soap or shampoo.
- **Shower twice** daily starting **2nd** post-op day. Use **Johnson's Baby Shampoo** and continue showers twice daily until all crusts are gone.

DO NOT:

- Do any exercising, bending over, or heavy lifting for the first 10 (ten) days.
- Apply make-up for the first 10 (ten) days following surgery.
- Pluck eyebrows for two (2) weeks.

REMEMBER:

- You may experience some bruising around the eyelids, due to lymphatic drainage patterns. Most bruising subsides within 10-14 days.
- You may experience numbness on the forehead and scalp post operatively. This usually resolves within 3-6 months.
- Arnica Montana helps reduce bruising and Bromelain reduces inflammation after surgery. Both are over the counter supplements that can be found in your local drug store or on Amazon.

REPORT TO THE CLINIC ANY:

- Temperature elevation over 101°F.
- Redness, swelling or discharge at the surgical site.
- Excessive bleeding.
- Development of any drug reaction.
- Worsening nausea or vomiting

Your post-op appointments:

ENT and Allergy Assoc., LLp

Pain Management Prescription: _____

Antibiotic Prescription: _____

If you have any questions, please call the office @ 973-394-1815.

Your post-op appointment is on: _____

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