



## 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 **2<sup>nd</sup>** 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:**

---

---

---

**Pain Management Prescription:** \_\_\_\_\_

**Antibiotic Prescription:** \_\_\_\_\_

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

**Your post-op appointment is on:** \_\_\_\_\_  
\_\_\_\_\_

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