

## Forehead Lift

### POST-OP INSTRUCTIONS

- Cool compresses to forehead and eyes for first 48 hours (20 min on, 20 min off while awake).
- Your surgical dressing, if used, will be removed the 2<sup>nd</sup> day. Once dressing is removed, you will begin cleaning incisions 3 times per day with Liquid Dial Soap and sterile saline.
- Sleep on three to four pillows or in a recliner for first week to decrease swelling.
- Wash your hair and shampoo /shower after dressing is removed on day 2.
- No heavy lifting, exercise, or driving for 1 week.

### EXPECTATIONS

- You will experience eye swelling and bruising. Numbness in the forehead is common.
- Some degree of eyebrow asymmetry, although minor, is not uncommon.
- Initial brow elevation is followed by a degree of relaxation downward
- No hair dye or perms for 2 weeks after surgery
- Avoid sun or windburn for six months after the procedure

### MEDICATIONS

- Keflex 500 mg . (Cephalexin) 1 tablet twice a day for 1 week.....antibiotic.
- Lortab 7.5mg (Hydrocodone) 1 tablet every 6 hours as needed .... pain.
- Celebrex 200mg take once a day as directed.....inflammation reducer.
- Ativan (Lorazepam) 1 tablet every 8 hours as needed ....anxiety and sleep.
- Arnica 30X as directed (begin day before surgery).....swelling and bruising.

### FOLLOW-UP VISITS

- You will be seen in the office in one week for suture removal. Please call Dr. Gross at (321) 356-4396, if you have questions or concerns. If you have a true emergency call 911.

*I have received a copy of the above instructions and agree to follow them*

**X** \_\_\_\_\_ Date \_\_\_\_\_