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 2nd 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 ________________________