

AFTER YOUR FOREHEAD/BROW LIFT

- A pressure dressing will be applied immediately after surgery. It is to remain in place after surgery and should not be removed until your first post-operative visit 2-3 days after surgery. If you feel your dressing is unbearably tight or painful, you may loosen the ace bandage.
- There may be swelling and bruising of the surgical sites, including the eyes and cheeks after surgery. The swelling is usually greatest on the second or third day after your operation. Keep your head elevated as much as possible. The swelling is normal and is not an indication that something is wrong with the healing phase of your operation. Take your Arnica and Bromelain supplements and Medrol Dose Pack as directed to reduce swelling. You may also apply ice packs to your eyes and cheeks for the first 48 hours after surgery.
- There will be some discomfort after surgery. Some patients describe having a headache for 24-36 hours following this procedure. Use your pain medications as directed. Take your antibiotic medications as prescribed and anti-nausea medications as needed. Avoid taking any pain medications or antibiotics on an empty stomach. Do not drink alcohol while taking these medications.
- Numbness occurs in a small percent of patients having an endoscopic forehead/brow lift. This is a temporary change, usually lasting 4-6 weeks, but may take up to six months to fully resolve. Numbness on the top of your scalp may be replaced by itching as the nerves heal.
- Sit, stand and walk as much as is comfortable beginning on your second postoperative day. Keep your upper body as upright as possible. Avoid bending over or lifting heavy objects for one week. For 1 week following surgery, wear clothing that fastens in the front rather than the type that must be pulled over the head.
- Sleep with the head of your bed elevated on 3-2 pillows for 2 weeks following your surgery.
- Do not smoke or use nicotine-containing products for 6 weeks before and 6 weeks after surgery.
- Avoid direct sun exposure to the surgery sites for 12 months after surgery.
- There may be transient thinning of the hair along the incisions in the hairline. It is normal to have a small amount of hair loss that regrows in in 6-12 months. In rare cases, the hair loss can be permanent. If this should occur, excision of scar tissue or placement of hair grafts can be done one year after surgery. You should have no visible scarring following endoscopic forehead/brow lift, due to the fact that surgery entails only 2-4 incisions placed behind the hairline. Viviscal hair growth supplements are recommended and may be purchased in our office.
- Eyeglasses may be worn as soon as the bandages are removed. Contact lenses may be inserted the day after surgery if no eyelid surgery was performed in conjunction with the forehead/brow lift. If eyelid surgery was performed, you may not wear contact lenses for two weeks after surgery.
- You may wash and condition your hair after your bandages have been removed, usually 1 week after surgery. If your hair has some tangles, please do not attempt to force a comb or brush through it. Dry the incisions carefully and apply antibiotic ointment to them for two weeks. You may use a blow dryer on cold setting only.
- No swimming, strenuous athletic activity or exercises that involve turning the head for 6 weeks.

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