

Fairfield County Plastic Surgery

Postoperative Instructions After Forehead Lift

PREOPERATIVE INSTRUCTIONS:

1. **DO NOT TAKE ANY ASPIRIN PRODUCTS for 2 weeks prior to or after surgery. Do not SMOKE for three weeks before or after surgery.** Aspirin thins the blood, causing you to bleed and bruise more. You may take Tylenol. Do not drink alcohol for 10 days before or after surgery.
2. Fill the prescriptions we give you prior to surgery..
3. Wash your face and neck and shampoo your hair with Hibiclens (over-the-counter) or Dial, **twice** two hours apart, the day before surgery. Shampoo and shower with Hibiclens **once** on the morning of surgery. **DO NOT** wear make-up or hair spray. **Avoid getting Hibiclens in the eyes.**
4. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. The only exception is medication which we instruct you to take with a sip of water the morning of surgery.**
5. Please wear a button down top to the office on the day of surgery. Wear sweat pants, sneakers, socks and sneakers or sturdy shoes. No high heels and no sandals. Do not wear make-up, jewelry or panty-hose.
6. Please have your cardiogram (ECG) performed as soon as possible before surgery. If it is abnormal a cardiology opinion may be required which could delay your surgery. Your blood tests should be done about 10 days before surgery.

POSTOPERATIVE INSTRUCTIONS:

1. Your surgery will take approximately 2 hours, then you will go to the recovery room until you have awakened sufficiently to return home. **If you are having outpatient surgery, someone must drive you home and remain with you that day and night.**
Please keep your head elevated as much as possible after surgery to reduce swelling.
 - Do not put your head below your heart
 - Do not do any strenuous activity
 - Do not strain during a bowel motion
 - Do not take pain medication on an empty stomach since it may cause vomiting.All of these factors will raise your blood pressure and cause bleeding around the eye which can cause impairment of vision and may require emergency surgery.
2. For 3 weeks after surgery do not smoke, do not drink regular coffee or soft drinks containing caffeine. Do not sit in the same room as a smoker.
3. After surgery, pressure bandages will be applied to your head and these will be removed in 2 days. Your face and eyelids will be bruised and swollen after surgery. Keep your head elevated as much as possible to reduce the swelling. Most of this will be gone by the end of 2 weeks. You may have tubes in place to drain blood and serum. These are usually removed about two days after surgery.
4. After the pressure dressings are removed, you may wash your face gently with soap and water and apply a moisturizing cream if desired. Please **DO NOT** wash your hair or wear make-up until instructed. (Normally 4-5 days).
5. After surgery, it will be necessary to see you in the office twice a week for 2 weeks to change your dressings. The sutures will be removed in about 10 days and you will not need to return to the office again until your 6 week check-up.
6. If you have any questions, please call the office at 203-838-8844.