

## **ENDOSCOPIC FOREHEAD LIFT**

### **Post op Instructions**

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas.

DO: Clean staple lines with Witch Hazel and a Q-tip 4-6 times daily

DO: Continue cold compresses over eyelids for 2 days

DO: Sleep with head elevated 30 to 40 degrees. (use pillows, a wedge cushion or a recliner.) Sleep on your back, not on your stomach or sides

DO: Shower on the first post-op day. Allow warm water to run through hair without soap or shampoo

DO: Shower twice daily starting 2<sup>nd</sup> post-op day. Clean scalp with Johnson's Baby Shampoo. 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

DO NOT: Apply make-up for the first 10 (ten) days

DO NOT: Pluck eyebrows for 2 (two) weeks

#### **REMEMBER:**

1. You may experience some bruising around the eyelids, due to lymphatic drainage patterns. Most bruising subsides within 10-14 days.
2. You may experience numbness on the forehead and scalp. This usually resolves within 3-6 months.

### **CALL IF YOU HAVE ANY QUESTIONS**

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