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Plastics and Reconstructive Surgery

440-461-7999

HOME INSTRUCTIONS FOR ENDOSCOPIC FOREHEAD LIFT

- Sleep on your back with your head elevated at approximately a 45 degree angle.
- **Swelling and Bruising are to be expected. You may have bruising and swelling in the eye area. Numbness of the forehead and scalp are to be expected it may take several months for normal sensation to return.**
- You may have food as tolerated
- Apply a small amount of Polysporin/Bacitricin ointment to the incisional lines in the scalp area twice daily. Remove the previous application.
- You may not wash your hair until the day after the drainage tubes are removed. The drainage tubes usually stay in for 2 days.
- Avoid strenuous activity for three weeks post operatively. Slow walking is encouraged immediately after surgery. Rotate your ankles frequently while lying in bed.
- Do not wear clothing that pulls tightly over the head
- Do not take any aspirin, Advil or Aleve for a period of one week following your surgery.
- If you need pain medication, do not hesitate to take this as prescribed. However, please eat food with the medication to minimize the chance for nausea or vomiting.
- **All patients are seen the day after surgery.**
- **Someone must be with you for 24 hours after surgery.**
- You will not be able to drive yourself for 5 to 7 days after surgery if you are taking pain medicine, please arrange for your transportation for the post operative appointments.

REMINDERS:

- Refer to the patient discharge Instructions upon discharge from the surgery center.
- Please take all of your medications on schedule
- Report any unusual heavy bleeding, discomfort unless you have been advised otherwise, Shortness of breath, temp over 100 degrees and redness and any pain or discomfort in your legs should be reported immediately...

EMERGENCY NUMBER:

For emergencies after normal office hours, please call the answering service at **440-461-7999**. Leave your name, phone number and the reason for your call. If after 10 minutes you do not get a response please call the number again.