



Facelift/Forehead Lift Postop Instructions

Cosmetic Surgery Clinics
cosmeticsurgeryclinics.com

Patient: _____ MR# _____

Procedures: _____

1. **Dressing:** If a dressing is used, it is removed a day or two after surgery. No further dressings are needed.
2. **Sutures:** The doctor will remove the sutures or staples approximately 7 to 10 days after surgery.
3. **Drains:** If drains are used, these will usually be removed in 1-3 days.
4. **Shampoo:** You may shampoo your hair as soon as 36 hours after surgery or 24 hours after drain removal. Because of the decreased sensation that often occurs in this area, use warm rather than hot water, and gently use your fingertips. You may touch staples or suture, but do not pull or remove them. Do not use a hairdryer, straightening or curling iron for 2 weeks and until sensation of the scalp is normal.
5. **Position:** Resting with your head elevated or being in the upright position will help to decrease swelling during the postoperative period.
6. **Activity:** You may be up and around the house as soon as you feel able. Do not do anything that requires straining or heavy exercise for at least 10 to 14 days. You may return to work as soon as you feel comfortable doing so (7-10 days for facelift and 3 to 7 days for forehead lift).
7. **Driving:** Do not drive while taking prescription pain medicines.
8. **Ice Packs:** Crushed in a baggie, or a soft pack of frozen peas helps both swelling and discomfort.
9. **Hairdresser:** Avoid coloring your hair for 6 weeks postoperatively. You may have your hair washed and combed, but have your hairdresser avoid very hot water, curlers, etc. for the first 6 weeks.
10. **Exposure to sunlight:** Protect your scars from sun exposure for at least 6 months after surgery. Remember to wear a hat or sunscreen with a skin-protection factor (SPF) of at least 15 whenever you go outside.
11. **Loss of sensation:** The cheeks (following facelift) and upper part of the forehead and top of the head (following forehead lift) usually experience reduced or absent sensation for several months to a year after surgery. As the sensory nerves regenerate, patients normally experience tingling, shooting sensations, or itching. Massage usually relieves the symptoms.
12. **Hair loss:** If any hair loss occurs, this is caused by the hair follicles going into a resting phase for 2-4 months. The hair will grow back in almost all cases.
13. **Exercise:** Do not do any heavy activities or aerobic exercise for at least 4 weeks after surgery. Strenuous activities may cause bleeding and swelling for longer periods than you realize.
14. **Final Appearance:** You will appreciate your final appearance in about one month.

9. **Return Visit:** _____ Days Date: _____ Time: _____

Responsible Party Signature: _____ Phone: _____ Date _____