



## Forehead Lift Post-Operative Precautions

- **Do not remove or loosen the bandage applied after surgery. Please keep it in place as it is.**
- Apply the ointment in a thin layer to the incision area **3 times a day.**
- **You may feel dizzy or nauseated for several days after surgery.** If you continue to have a headache, it may help to take Tylenol or a similar acetaminophen medication in addition to the prescribed medication.
- For the time being after surgery, **please stick to a liquid or soft diet. Spicy or strongly seasoned foods should be avoided for 2 weeks.**
- **Starting on postoperative day 3, you may shampoo only the areas other than the surgical site. The surgical area should be rinsed only with water, not shampoo.** After showering, dry the area thoroughly with cool air and then apply the ointment.
- Stitches are usually removed **10 to 14 days after surgery.** You may **wash your face with water** starting **1 day after** stitch removal, and from **2 days after** stitch removal, you may **use soap, shampoo your hair, and wear makeup except on the surgical area.**
- Scalp treatments, vigorous shampooing, and sauna use are allowed starting 1 month after surgery.

## General Post-Operative Care Instructions

- **Alcohol and smoking are strictly prohibited for 1 month** after surgery, as they may **cause bleeding and inflammation.**

- Apply **cold compresses for the first 3 days** after surgery. **Starting from day 4, use warm compresses for up to 1 month** to help reduce swelling and bruising.
- **Walking is very helpful for reducing swelling. Regular exercise may be resumed 1 month after surgery.**
- Avoid bending your head downward after surgery. **For the first week, sleeping on your back with your upper body elevated** will help reduce swelling. If sleeping too upright feels uncomfortable, adjust the elevation to a level that is comfortable for you.
- **Swelling and bruising usually worsen gradually during the first 3 days after surgery**, then slowly improve over the following 2 to 4 weeks. Recovery may vary depending on individual factors such as environment, diet, blood circulation, skin type, and post-operative care.
- **Do not take aspirin or vitamin E** for 1 week after surgery, as they **may increase the risk of bleeding.**
- Please take all prescribed medications regularly and on time after discharge. If you develop symptoms such as diarrhea or hives after taking the medication, please contact the clinic.
- If you experience sudden severe swelling, warmth, pain, or changes in skin color, please contact the clinic immediately.



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