



## PRE-OPERATIVE INSTRUCTIONS FOR ENDOSCOPIC FOREHEAD LIFT

### **THREE WEEKS BEFORE SURGERY:**

- Laboratory, EKG and eye examinations (if they are required) must be done. If you are having your preoperative testing at a lab other than the one we suggested, you are responsible for having the written results of this testing arrive at our office one full week before surgery (our fax number is 561-626-6277).
- **SURGERY WILL NEED TO BE RESCHEDULED IF THERE IS ANY CHANCE YOU ARE PREGNANT.**
- If you are planning to have a haircut before surgery, please do so three weeks before surgery.
- All fees are due, including surgical, facility and anesthesia.

### **TWO WEEKS BEFORE SURGERY:**

- Do not take any products containing aspirin, ibuprofen (eg. Advil, Motrin), or Vitamin E. Check with your pharmacist when taking any over-the-counter medications. Many pain relievers; cold and sinus medications contain aspirin or ibuprofen. Tylenol is OK.
- Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or "the patch." Nicotine interferes with healthy circulation and may affect the result of your surgery. It also places you at higher risk of complication when receiving anesthesia.
- Start taking 1000 mg of Vitamin C three times per day. Vitamin C helps with healing.
- If your destination after surgery is more than 30 minutes from the office, you must make arrangements to stay in a hotel on the night following surgery. A list of hotels can be obtained from any staff member.

### **ONE WEEK BEFORE SURGERY:**

- Do not drink alcohol for 1 week before and after surgery.
- If you perm or color your hair; it should be done 1 week before and/or 5 weeks after surgery.

### **DAY BEFORE SURGERY:**

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT (including water and gum chewing). SURGERY MAY BE CANCELLED IF THIS IS NOT FOLLOWED.** A fasting state is required in order to receive sedation for surgery. The only exception is medication, which we will instruct you to take the day of surgery with a sip of water.

### **DAY OF SURGERY:**

- Go to The Laser and Surgery Center of the Palm Beaches. 3602 Kyoto Gardens Dr, Palm Beach Gardens, FL 33410

- You may shower and shampoo the morning of surgery. Do not wear makeup, hair sprays or gels, or nail polish. You may leave acrylic nails on.
- Avoid clothing that must be pulled over the head. Please wear loose fitting clothing.
- Do not wear jewelry of any sort or bring valuables to surgery. Do not wear jewelry of any sort or bring valuables to surgery. If you are unable to remove your rings, please see your jeweler to have them removed prior to surgery.
- Dentures, if worn, should be left in place.

**POST-OPERATIVE INSTRUCTIONS**  
**ENDOSCOPIC FOREHEAD LIFT**

*These instructions should be carefully read and followed. They are designed to answer the most commonly asked questions regarding post-operative care.*

**ACTIVITY-THE FIRST WEEK:**

Limit your activity sharply over the first week following surgery. You are encouraged to walk about the house, but avoid bending over at the waist, picking up heavy objects or straining of any kind. If you overexert yourself, bleeding or prolonged swelling may result. When you rest or sleep, keep your head elevated on 2-3 pillows and avoid turning on your side. Keep your emotions under control. It is not unusual to feel a bit depressed for a few days after surgery. This quickly passes as you begin to look and feel better. Anger, crying or other emotional outbursts will only add to the swelling or increase the likelihood of bleeding. Drink plenty of fluids and avoid foods that require much chewing, such as steak.

Smoking should be strictly avoided as it interferes with the blood supply to the healing tissues and slows subsequent healing. Please avoid alcohol during the first week as this may raise the blood pressure and initiate bleeding.

Small amounts of food 20 minutes before taking postoperative medications can prevent nausea. If you vomit or feel nauseated, delay food and medications. Take only 2-3 ounces of clear liquids at hourly intervals until the nausea subsides. Discontinue pain medications until nausea passes. If this symptom persists, call for anti-nausea medications, as subsequent vomiting may be harmful and lead to complications.

With assistance you may bathe in a tub. Refrain from showering or washing your hair for four days after surgery. You will be asked to wash your hair on postoperative day four or five and then you may not wash your hair again for three to four days. This is to protect the sutures from getting wet. You may carefully wash your face with mild soap (Lowila, Neutragena, Basic) and a clean washcloth or cotton balls. Avoid irritating any of the incision lines. Keep them from crusting with a light coating of prescribed ointment(polysporin) or pure petroleum jelly.

You may slowly resume your activities beginning the first week. Let your body tell you how much to do. Moderately strenuous exercise may be resumed in 5-6 weeks. Build up to this level slowly. You may begin by walking or other similar light exercise. In any event, do not strain or grimace your face. Avoid excess sunlight. Even a mild sunburn may cause prolonged swelling or irritation of the healing incisions. Do not compare your progress with that of other patients. Remember that everyone heals in his own unique way. Also, if you have any questions or

concerns, call on us. Your family and friends may mean well, but we can probably give you better information. You will be given medication for pain. Use it if needed but avoid overuse. You should not have anything more than mild pain and some discomfort. Anything beyond this should be reported to us.

### **PAIN, SWELLING, BRUISING, INFECTION:**

It is unusual to have significant pain after aging face procedure. If the prescribed medication does not control pain, please report this to us. There is discomfort, of course, but remember that this will quickly pass. Some swelling and bruising is to be expected. Bruising is treated with Arnica, an herb that will be provided by our office. Swelling and bruising is maximal at 48 hours post-surgery and gradually subsides over the following ten days. Infection is also unusual. Fever, localized swelling with redness and tenderness may signify a developing infection and should be reported. Appropriate treatment will be initiated.

### **Common Instructions After Surgery**

- A responsible adult must provide transportation for you after surgery (public transportation is not permissible).
- A responsible adult must stay with you overnight and after your surgery until the morning following the procedure. If you are having several procedures, you may need or prefer assistance for 1-2 days following your procedure.
- You will need to arrange transportation for your appointment at our office on the day following surgery.
- You must stay within 30 minutes of the office on the first night after surgery. These arrangements must be made BEFORE surgery.
- You may use our side door entrance when coming in for post operative visits to ensure privacy.
- Avoid making major decisions or participating in activities requiring judgement for 24 hours after surgery.
- Do not drive for 24 hours after surgery (driving restriction is for 5 days if you are having eyelid surgery), or while you are on prescription pain medication.
- Do not drink alcohol for 1 week.
- Avoid bending, lifting, pulling, pushing, straining and aerobic activities for 2-3 weeks.
- Soft foods will be easier to eat after facial surgery.
- Keep your dressings dry. You may bathe but not shower.
- You are encouraged to walk around the house on the day of surgery and thereafter. This helps to prevent blood clots from developing in the legs.
- Move/pump your legs frequently while lying down. This also helps in preventing blood clots from developing.
- Take deep breaths often when you get home and for the first 24 hours after surgery. This helps to expand the base of your lungs.
- Sleep with your head elevated on 2-3 pillows. This helps to prevent increased swelling.
- Take all medications as instructed post operatively.
- Swelling and bruising are normal in the immediate post operative period. This will gradually decrease over the first few weeks. Camouflage make-up application is available at post op visits through the medical spa.
- Avoid direct sunlight to the incision(s) for at least a year. Use sunscreen with zinc oxide and SPF 30 or greater to help decrease the visibility of the scar.

## **INCISIONAL CARE FOR ENDOSCOPIC FOREHEAD LIFT**

- Ice packs may be used within the first 48 hours after surgery to help with swelling. Be sure they are lightweight. Apply 15 minutes at a time. **Never apply ice directly to the skin.**
- Incisions are behind the hairline and do not require any care.
- Your forehead and top of your head will be numb postoperatively. This will gradually resolve over many weeks/months.
- Use low heat when using hair dryers and curling irons
- Suture/staples/screws will be removed in 7 days.
- A drainage tube will be placed through one of the hairline incisions. This is to prevent the accumulation of fluid in the forehead. This will be removed at your first postoperative appointment.
- Wear your ace wrap at all times for 5 days, then wear at night for another 7 days. Wash your hair before your postoperative appointment on day 4/5. If your appointment is during the week, arrangements may be made to have this done at the Lindsay House.

### **CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:**

- **Fever of 101 degrees F or greater.**
- **Pain not relieved with pain medication.**
- **Swelling, redness, bleeding, and/or foul drainage from an incision site.**
- **Persistent nausea and/or vomiting.**
- **Any other concerns**

**Office telephone: 561-429-5403**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Patient Name (print) \_\_\_\_\_

Witness Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Your surgery will be performed safely and with care in order to obtain the best possible results.

You have the right to be informed that the surgery may involve risks of unsuccessful results, complications, or injury from both known and unforeseen causes. Because individuals vary in skin textures, tissue, circulation, and the healing process, as well as anesthetic reactions, there can be no guarantee made as to the results or potential complications.

The following complications have been reported in medical literature. They are listed here for your information not to frighten you, but to make you aware and more knowledgeable concerning this surgical procedure. They will be discussed again at your preoperative appointment.

### **RHYTIDECTOMY** **(facelift / endoscopic forehead lift / mid-face lift procedures)**

The overall complication rate for rhytidectomy is 12%

**Hematoma:** A swelling or mass of blood (usually clotted) caused by a break in a blood vessel. Females 0.7%. Males 7%. This form of hematoma requires treatment and drainage.

**Infection:** Less than 1%. This is extremely rare despite the proximity of hair around the wound

**Hair Loss:** Loss of hair in the temple area, behind the ear is 2.3%. This is usually temporary with normal regrowth in several months. Male patients should be aware that the hairless area in front of the ear will be narrowed and the beard pattern will change possibly necessitating shaving behind the ear.

**Pigmentation:** (discoloration & bruising). Either normal or pathological coloring of the skin or tissue by a deposit of pigmentation that can cause color changes. Normal bruising resolves in 2-3 weeks. Occasionally extensive bruising can require many weeks or months to resolve. These problems can be most common in patients with thin, hypo-pigmented, transparent skin. Patients with darker complexions should be aware of the possibility of residual brown pigmentation.

**Edema:** (swelling). This is normal following facelift surgery and usually lasts 2-3 weeks. Prolonged edema is unusual and may require endocrine, allergy or other medical evaluation to determine the cause.

**Nerve Injury:** Injury to the nerve(s) causing a weakness of the eyebrow(s) or of the mouth is about 1%. They often return to normal in a matter of weeks to months, but can persist.

**Pain/Numbness:** Usually around the earlobes or ears is about 2.5%. Significant pain postoperatively is unusual. If it exists and especially if it is unilateral, it should be investigated.

**Keloid Scarring:** Poor healing with visible and sensitive scarring along incision lines.

**Wound Separation:** Occurs along the suture line after the sutures have been removed.

**Submental Depression:** Removal of fat in the area under the chin may result in some irregular areas of depression.

**Dog Ear":** Most all areas of excess tissue along scars resolve with time. If they do not resolve with healing, they may be excised at a later procedure.

**Skin Slough:** Poor healing causing scar tissue formation often associated with hematoma or infection.

Any touch-up surgery that may be necessary is not done for at least 6 months. This is usually a small office procedure and no physician's fee is charged. There is however, a nominal charge for the facility, supplies, and anesthesia if sedation is required.

I have read the complication list and am aware that any of the above may occur.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_ Date: \_\_\_\_\_