

# FOREHEAD LIFT

## DOCTOR GERUT'S POSTOPERATIVE INSTRUCTIONS

**Do not do anything that raises your blood pressure! No lifting, bending over, straining, sex, etc. for five days after surgery. Keep your head elevated above the level of your chest to minimize swelling. No smoking! Smoking can cause terrible damage to your healing and can cause your skin to die.**

If constipation or cough develops, ("pushing" and coughing cause more blood flow to the face and thus increase swelling) please use appropriate medications or call Dr. Gerut.

**Please take the medications that DR. Gerut indicates with a check mark.** Any medication not checked off may be taken if necessary. **If you are allergic to any of these medications, please let us know!** Please take all pills with a bit of food to avoid nausea. When you fill your prescriptions, the bottles will be labeled **only** with the medical names for your pills and for your reference, these names are in parentheses below.

Breathe deeply, this will help prevent any post-operative respiratory infections.

### Antibiotic:

- Keflex** (Cephalexin) - 500mg (1 pill) 2 times a day  
or if allergic to Penicillin,
- Vibramycin** (Doxycycline) - 100mg 2 times a day

### Severe pain:

- Percocet** (Oxycodone)- 1-2 pills every three to four hours as needed. For the first two days, you should take the pain pills every 2 or 3 hours and not wait to feel it.

### Moderate pain:

- Norco** (hydrocodone bitartrate and acetaminophen) - 1-2 pills every 3 - 4 hours as needed.

### Nausea:

- Compazine** (Prochlorperazine) Use one if needed. Never use more than 2 in 24 hours. If nausea returns, and you weigh less than 160 pounds, call the office before

### Anti-swelling:

- Medrol Dose Pack** (methylprednisolone) -take pills as directed on package-begin the morning after surgery

### Constipation:

- Ex-Lax** (or any other mild laxative as needed).

### Multi-Vitamin:

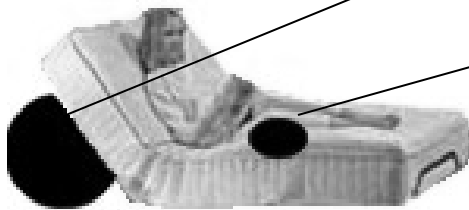
- 1 daily

Expect a small amount of bleeding or drainage from suture lines for a few days after surgery. You may even clean dried blood using soap and water or use peroxide.

No aspirin, Bufferin, APC, Fiorinal, Alka Seltzer, Ecotrin, Excedrin, Anacin, Vitamin E or any other medication not directed by DR. Gerut. Regarding Advil or Motrin, check with Dr. Gerut or office staff.

Diet after surgery should be high in protein and vitamins.

Do not wear tight hats for at least a week after surgery. Glasses or sunglasses may be worn. For the first several days after surgery, you **must** sleep with your head elevated. A “craft-matic” type bed or reclining chair are best. If these are impossible- put a **big couch cushion** under the top part of your mattress. This will keep your head elevated adequately. Also place a **pillow under your knees** to keep from slipping.



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You may **gently** wash your hair and forehead as soon as the day after surgery, by splashing water onto your skin, even onto the stitches. After surgery you should use your usual shampoo. Do not pull or rub on forehead skin at all **for one week after surgery**. You may wash normally after one week. Do not color your hair for at least four weeks after surgery.

Hair may be gently WASHED after surgery using gentle shampoo. No cream rinse for one week. BLOW DRYER MAY BE USED BUT **NEVER ON HOT SETTING** until all your staples are out. You may brush your hair but only with a soft brush. Brush toward your stitches, not away from them. If you have Endotines, brush or comb your hair only “straight back” for the first three weeks of the recovery period. You may resume normal daily hair care after one week. Salon treatments must wait 4 to 6 weeks.

Do not apply any treatment or cream to the surgical area unless approved by Dr. Gerut. (No heating pads, healing salves, etc.)

If you had your eyes done, please refer to eyelid postoperative instructions and apply ice pads to your eyes continuously and use eye drops if prescribed:

**Maxitrol**- 2 drops each eyes three times a day. To put drops into eyes, tilt head back and drip in. **DO NOT PULL EYELIDS OPEN** to put drops in.

Acidophilus, Diflucan or Monistat 7 to avoid or treat yeast infection from antibiotics.

Beginning a few hours, days or weeks after surgery you should expect to feel a bit tired and even depressed. This is perfectly normal and should subside in a short time.

Your forehead should feel tight and numb for quite some time after surgery. Different patients tolerate this differently. For feelings of tightness, tingling, itching, etc. Take Tylenol as much as needed. If you need stronger medication, take Motrin or Vicodin.

As your swelling goes down, small lumps may become apparent under the skin in various places. Most will be detectable only by touch, some will be visible. These lumps will disappear slowly over weeks to months.

Please be aware that forehead lift surgery does turn back the clock but it does not stop the aging process. After surgery there will be aging changes that would occur whether forehead surgery was done or not.

I have been advised before my surgery of the following possible issues and complications (there are others that are not listed here):

|                       |  |                           |                    |
|-----------------------|--|---------------------------|--------------------|
| Pain                  | Numbness   | Disability                | Infection          |
| Bruising              | Feeling tightness  | Lumpiness                 | Swelling           |
| Scarring              | Hematoma   | Seroma                    | Change in forehead |
| Motor nerve damage    | Facial asymmetry   | Scalp numbness            | Change in hairline |
| Increased hair growth | Bald spots/Hair loss                                       | Need for revision surgery |                    |
| Skin discoloration    | Skin changes   | New wrinkles and/or lines |                    |
| Reaction to stitches  | Neck or back problems due to prolonged special positioning |                           |                    |

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It may be necessary for you to communicate with Dr. Gerut by text or email before or after your surgery. This communication may involve sending information about or photographs of yourself over the Internet from which you may or may not be identifiable. By your initials here you acknowledge and accept this potential breach of your privacy. X\_\_\_\_\_

Any new pain, lumps, acute discomfort, severe swelling should be reported to Dr. Gerut immediately. For **emergencies only, call 516-295-2100, ANYTIME DAY OR NIGHT. After hours please call Dr. Gerut's service at (516) 620-3619.**

**Please arrange for a few pictures of your face to be texted or emailed to Dr. Gerut the night after your surgery and the next morning. (email to [DrGerut@DrGerut.com](mailto:DrGerut@DrGerut.com))**

You should expect that your face, even your lower face, will swell after surgery and perhaps even show bruising. This is normal.

Among other things, significant weight gain or weight loss (change of 10% or more in body weight) can affect your surgical result, for this reason, you must agree to make all efforts to keep your weight stable after your procedure. If your weight changes significantly (change of 10% or more in body weight) after your procedure, you will not be entitled to any free "touch-up" procedures to the same area and you will be charged a surgical fee and an operating room fee and an anesthesia fee. If for other reasons, revisional surgery is required, there may be a surgical fee

but even if there is no surgical fee, THERE WILL BE A STANDARD FEE FOR THE OPERATING ROOM AND THE ANESTHESIA.

**No** Aspirin, Bufferin, APC, Fiorinal, Alka Seltzer, Ecotrin, Excedrin, Anacin, Vitamin E or any other medication not directed by Dr. Gerut for ONE WEEK AFTER SURGERY. Regarding Advil or Motrin, check with Dr. Gerut or his office staff. During the time that you are taking a narcotic pain reliever, you are to avoid driving or operating heavy machinery. Dizziness or severe drowsiness can cause falls or other accidents.

I have read the above (total 4 pages) instructions and possible problems fully, my questions have been answered, and I understand them and accept them fully.

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Patient signature

\_\_\_\_\_  
Date

Zachary E. Gerut, M.D., F.A.C.S., P.C.  
Diplomat, American Board of Plastic Surgery  
Member, American Society of Plastic Surgeons  
Member, American Society for Aesthetic Plastic Surgery  
Assistant Clinical Professor of Plastic Surgery, Albert Einstein Med Ctr. (ret)  
Medical Director or Research, Touro University Physician Assistant School  
Fellow of the American College of Surgeons

revised 3/16

# Dr. Cerin